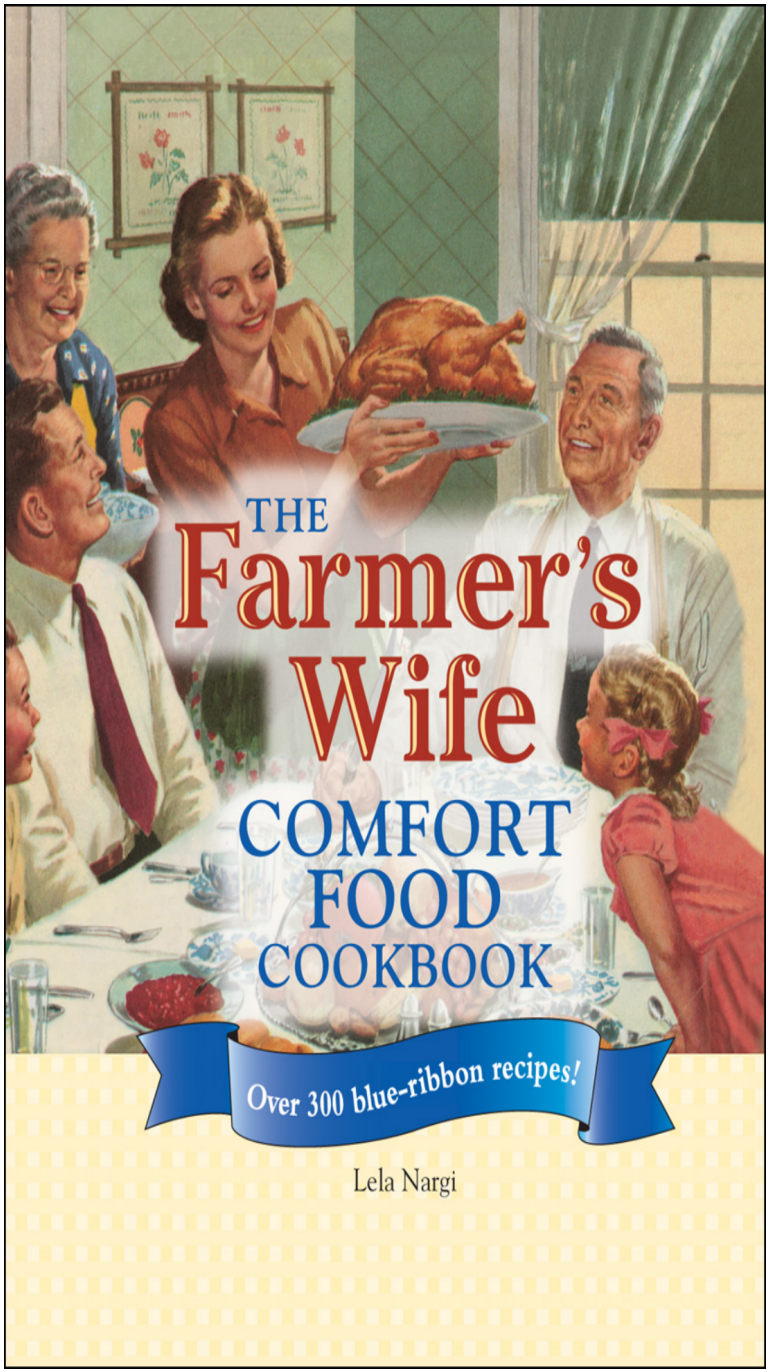
THE
Farmer's
Wife
COMFORT
FOOD
COOKBOOK
Over 300 blue-ribbon recipes!
Lela Nargi

The Farmer's Wife Comfort Food Cookbook

Over 300 blue-ribbon recipes!

Edited by Lela Nargi

Voyageur Press

Acknowledgments

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To Denver Butson and Rhonda Keyser. Every time I chose a recipe I wondered, "Did their grandmothers cook this?"

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INTRODUCTION

The Farmer's Wife was a monthly magazine published in Minnesota between the years 1893 and 1939. In an era long before the Internet and high-speed travel connected us all, the magazine aimed to offer community among hard-working rural women by providing a forum for their questions and concerns, and assistance in the day-to-day goings on about the farm—everything from raising chickens and slaughtering hogs, to managing scant funds and dressing the children, to keeping house and running the kitchen.

The farmer's wife, on first consideration, might not be an obvious source of recipes for comfort foods. After all, she is—or was, during the forty-six years in which *The Farmer's Wife* magazine was published in Minnesota—hard-working, thrifty, and highly skilled in the kitchen. But when reading issues of *The Farmer's Wife* from the years 1911 to 1939, the years from which the recipes in this book were culled, another image of the farmer's wife comes to the fore: a woman willing and able to economize her time in the kitchen; a woman bent on nourishing her family, both body and soul; a woman with ready access to many of the ingredients we associate with "comfort."

Naturally, no two people will agree on all the ingredients that comprise comfort; so much of comfort is rooted in our personal circumstance and rituals peculiar to our families. But few would argue with the basics: butter, cheese, bacon (farm staples, all) along with eggs, fruits, and vegetables—and chocolate. And few would argue with the premise that comfort food is simple food—relatively easy to prepare and not requiring sophisticated palates to enjoy. For most, the equation of warmth with comfort rings true no matter the weather—warmth from stews, casseroles, and things roasted in the oven (although some cool things have been included in the pages of this book as well, because sometimes ice cream is a comfort, and so is lemonade).

For most of us, comfort is closely associated with memory—memories of things our mothers and grandmothers cooked for us when we were sick; memories of rainy Saturdays spent sitting in the kitchen while something delicious was baking in the oven; memories of family gatherings and of traditions passed down through the generations. And since notions of what constitutes a comfort food is highly subjective, this book aims to provide

something for everyone, no matter your heritage, no matter your preferences. Perhaps you'll even discover a brand-new something to offer you comfort.

The recipes have been reprinted here as closely as possible to how they appeared on the pages of the magazine. Many were written by the magazine's own readers. In their language, they reflect the curious style and manners of their times, and herein lies a great deal of their charm, and the reason I have tried to alter them as little as possible. Anyone accustomed to reading cookbooks will feel right at home among the pages of this book. After all, the farmer's wife was nothing if not common-sensical, and so were her recipes. Anyone new to cookbooks, and more particularly, historical cookbooks, is advised to follow the golden rule of the recipe: read it thoroughly, start to finish and preferably more than once, before embarking. Make sure you understand the instructions and the order in which they are to be carried out; make sure you have all the ingredients at hand and assembled; and make sure to preheat your oven for a good 20 to 30 minutes before you are ready to bake.

Wherever possible, I have attempted to abolish confusing, misleading, or laborious instructions. I've also substituted modern equivalents for such obsolete measurements such as the gill (4 ounces) and the teacup (8 ounces). More than anything, this book wants to be used, not merely perused and admired. So, please use it! And know that as you do, you are cooking up a bit of farmland history.

—Lela Nargi

"*Approved by Farm Women!*"

July 1936

If someone should offer you a guide to help you do a better job of buying, would you be interested?

Naturally you would. Probably few things would interest you more.

Well, on this page *The Farmer's Wife* magazine presents for the first time a seal which will be just such a guide. It will become familiar to you in the months and years to come, and you will discover that it is a friendly emblem in which you can put trust.

Whenever you see it, you will know that the product on which it appears has been given an unbiased test by 100 to 500 farm women like you, in homes like yours, and has been approved by them for farm home use . . .

One homemaker to whom we explained this new idea said: "That would mean a lot to me—to know that women themselves have tried a product in their own home and liked it."

To make these tests we have selected a group of readers of *The Farmer's Wife* magazine to be "reader-testers." There will be 500 to begin with and perhaps more later. To make sure that some of them will be like you, with equipment like yours, we have chosen them so that they will give a complete cross-section of American farm homes.

Take the first three women who enrolled in the reader-test group, for example. The first lives on a big dairy farm, has three children, but cooks for a family of ten including hired help, and has a wood-burning range supplemented by a liquid-fuel stove.

The second (whose picture appears on this page) has three children, 5 to 12 years old, and cooks on an electric range.

The third has children ranging from one in grade school to a married daughter living across the road. The daughter is just learning how to cook and both she and her mother, who is a splendid cook, will make the test. They use a bottled gas range.

Still others use kerosene and gasoline stoves. Their families vary all the way from no children to ten. And the farms range all the way from truck acreages to

ranches . . .

But while there will be all of these variations, the women will have this in common: they will all be outstanding women in whom their neighbors have confidence. They will be alert women, interested in keeping in touch with new developments in foods and equipment. And they will be independent thinkers, under no obligation to anyone, who will give us their honest opinions no matter what they may be.

How to Use This Book—This First

All the recipes in this book are relatively simple to execute, although mood and experience will determine whether a particular recipe is too complicated on a given afternoon. Inexperienced cooks are advised to read a recipe completely once or twice before embarking, and to assemble and prepare all ingredients in advance of cooking. Actually, this is sound advice for all cooks, regardless of experience.

Farm women once had an ample supply of bacon and other drippings readily at hand, kept in a coffee can and used almost daily. Most contemporary cooks don't keep their drippings so oil or butter can be substituted as appropriate. When a recipe calls for both bacon and drippings, the fat leftover from frying the bacon can of course be used for just this purpose.

The ever-thrifty farmer's wife made her own bread crumbs from stale, leftover bread. Make your own by cutting stale bread into small cubes and storing them in the freezer in a zip-top bag. When the bag is full, run the frozen bread cubes through a blender or food processor to pulverize. Freeze again until ready

to use. To make buttered bread crumbs (frequently called for in this book) see the recipe for Buttered Crumbs on page 19.

Gravy would have been a common leftover in the kitchen of the farmer's wife—leftover, that is, from the roasts and chops she so frequently prepared. Please don't use commercial canned gravy as a substitute for this relatively wholesome, homely product. See the recipe on page 19 for instructions on making your own gravy.

Aside from cottage cheese, which could be readily produced by pouring hot water over thick, sour milk (a common farm product), the farmer's wife did not make much cheese, unless she was engaged in its commercial manufacture, for sale. She had ample access to "store" cheese, though, which is how she commonly referred to Cheddar. Recipes in *The Farmer's Wife* magazine sometimes referred specifically to other types of cheese, such as American or Parmesan; mostly, though, the original recipes are vague in the type of cheese to use. Experienced or adventurous cooks are encouraged to follow their instincts as to what sort of cheese might be used in any dish.

"Seasonings" would have been understood by the farmer's wife to mean, first and foremost, salt and pepper. Efforts have been made in this book to differentiate between salt and pepper seasoning and the secondary meaning, which includes other herbs, spices, and flavorings, which are listed separately on ingredients lists.

Honey was not necessarily a common farm staple—the farmer's wife more frequently used sugar in her cooking and baking. Some recipes calling for honey appeared in the magazine from time to time and were considered quite novel. Reference in these instances is almost always made to "strained" honey, which is the clear, liquid form in which most of us buy our honey these days. The term "strained honey" was meant to distinguish honey that had been removed from the comb and strained free of wax and crystals. Any store-bought honey not in the comb will suffice for the recipes here that call for honey.

Most farmer's wives canned their own home-grown fruit. Substitute fresh fruit or high-quality store-bought canned fruit.

Onion juice, once very much in favor, was a product of the farm kitchen. To make it, see the instructions on page 18. Otherwise, substitute onion powder or onion salt to taste.

A very brief note on measurements:
1 pint (pt.) = 2 cups
1 quart (qt.) = 4 cups
1 teacup = 1 cup, or 8 ounces
1 gill = 1/2 cup, or 4 ounces

A word of common sense about baking: Always preheat the oven to the prescribed temperature for 20 to 30 minutes before baking.

Oven temperatures:
Slow to 300˚F
Very moderate 300˚F to 350˚F
Moderate (Medium) 350˚F to 400˚F
Hot (Quick, Fast) 400˚F to 450˚F
Very hot (Very quick) 450˚F to 500˚F

The farmer's wife was a keen proponent of white sauce, which she used either as the foundation or a thickener for almost every kind of dish imaginable—from stews and soups to tomato sauce and nut butters. Every attempt has been made to set down the recipes here in the format in which they originally appeared in the magazine, but many contemporary cooks will doubtless feel compelled to completely omit white sauce in its guise as thickener or enricher from many of these recipes, and few recipes will suffer for it.

Miriam Williams Says: "Use Butter Generously"

By Annette C. Dimock
March 1925

Some women are naturally lavish. They set a good table —plenty of maple syrup and butter for the "stack o' wheats," an extra dish of sauce besides dessert, a full jar of crisp butter cookies.

Other women use creamery butter sparingly, usually buying a reliable brand of butter substitute, because it is "just as good."

The butter-saving woman is not as scientific or wise a planner as it might seem if she looks to a cream check for cash. Multiply butter-saving and butter-substituting country cooks many times and it does things to the national supply of butter. I learned that the holdings of butter in cold storage were higher last August than during 1929, which marked the record peak of 151 million pounds. Folks must use butter a bit more freely if a surplus such as this is to be reduced and the price of butter kept stable.

Fats which are competitive to butter all have their place, but one does not yearn to be particularly lavish with them.

With butter it is different. I level-measure baking powder, spice, and flour for cakes or gravy, but when it

comes to measuring butter for seasoning, it's a rounding tablespoon or a generous lump. Few things make me bristle like the restaurant sandwich which isn't spread with butter, and clear to the edges, too. The dairyman who almost caused a rift in the church by his explosions over the "miserably skimpy" pats of butter which the ladies' aid served at the church supper, has my sympathy.

Let yourself go when it comes to seasoning with butter. Folks always sit up with relish to the family table where there are melting butter squares on hot porterhouse or round steak, and a golden yellow heart in the bowl of fluffy mashed potatoes. And who can resist vegetables cooked just to a tenderness, their own liquid cooked down, and seasoned with sweet flavored butter? Rich velvety cakes made with butter command a premium at the market or church bazaar.

Use generously of your own products. Set a good table. Cook well that you may live well. The *Farmer's Wife* magazine recipes support these ideas.

Our Sunday Night Supper

By Annette C. Dimock
March 1925

Sunday night suppers at our house are always informal affairs yet, in our big summer family of a dozen or more, they partake of the nature of festivity. Sometimes we have them in the orchard; sometimes before the open fire in the living room; oftener in the kitchen from which raids on the pantry may be made more easily.

The available food is placed on the table with plates, cups, saucers, glasses, and silver. A large double boiler of cocoa keeps hot on the stove for late arrivals and, of course, a bowl of whipped cream is waiting to garnish it unless we decide to have whipped cream cake with plain cocoa. Sometimes we omit cocoa and have a cocoa whipped cream cake, adding one-fourth cup cocoa mixed with one-third cup powdered sugar and a little hot water to the one cup of whipping cream and one-half teaspoon vanilla.

A large family needs something more than scraps alone so we make some special preparation requiring not too much labor, like old-fashioned hot corn-meal mush, a chowder or a hearty salad of egg, vegetable or fruit, a cheese dish or even waffles. Sometimes we have waffles with maple syrup. Cream cheese on waffles is “powerful good.” For an important expected guest we may “go light” on dinner in order to have creamed chicken with waffles for supper without straining the budget for food.

To keep up with and ahead of the waffle eaters we begin frying early and keep them crisp and hot in the kerosene oven over one burner. They will not get soggy if kept separate instead of piling. If the pressure on the waffle-maker becomes too great, we thin part of the

mixture and make it into pancakes.

A Few Basics

There are a number of things so basic to the farm kitchen that the farmer's wife would never have needed recipes to execute them. These include simple seasonings and sauces, as well as dishes that appeared with great frequency on her dinner table. Some of them may be anomalous to contemporary cooks.

Onion Juice

Peel and grate an onion. Strain through a sieve and store reserved juice in a covered jar in the refrigerator for no longer than two weeks.

White Sauce

1934

1 tbsp. butter
1 tbsp. flour
1 c. milk
1/2 tsp. salt

Melt butter in a skillet; add flour and salt and stir to blend. Add milk and stir until thickened. This makes a thin white sauce, useful for cream soups and as a sauce for vegetables.

A medium white sauce, for vegetables, meat, and fish, can be made by increasing the amount of butter and flour to 2 tbsp.; and a thick white sauce, for soufflés, by increasing the butter and flour to 3 tbsp.

Cream or White Sauce

April 1925

2 c. milk
4 tbsp. flour
4 tbsp. butter
1 tsp. salt

Heat milk in a saucepan. In another small saucepan place flour, butter, and salt. Melt together and when milk is hot, not boiling, stir about 1/2 c. into hot flour mixture, adding more as mixture thickens. Stir rapidly and when smooth, add remainder of milk. Cook, stirring until thickened and smooth. If thinner sauce is desired, use more milk.

For cheese sauce, add 1/2 c. grated cheese and mix well until smooth.

Gravy

If you have cooked any sort of meat in a pan or skillet, you can make gravy from the drippings by following the instructions for Gravy that accompany the recipe for Swedish Meat Balls (page 120). Otherwise, a simple gravy can be made by following instructions for White Sauce, page 18, substituting broth for milk. Stir until thick and season with salt and pepper.

Bread Sticks

December 1919

Cut stale bread into strips 4 or 5 inches long and 1/2 inch wide. Spread with melted butter and brown in the oven.

Buttered Crumbs

February 1932

Allow 1/8 as much butter as crumbs. To prepare crumbs, use 1 c. dry bread. Dry thoroughly in oven, then roll to crush [or pulverize in blender or food processor]. Melt butter, add crumbs, stir until every crumb is coated.

Cream Salad Dressing

April 1928

This is one of those "a little of this, a dash of that, and enough of the other to suit your taste" recipes. I usually use 1/3 to 1/2 as much vinegar as cream. The following proportions are suggestive:

1 c. cream
1/4 to 1/2 c. vinegar
1 scant tsp. salt
2 to 4 tsp. sugar
a dash of paprika

Combine all of the ingredients in a mixing bowl. Serve over lettuce, sliced cucumbers, shredded cabbage, or a mixture of chopped cabbage and cucumbers to which a few onions may be added.

—Bess M. Rowe

Spoon Bread

October 1923

2 c. cornmeal

1 tbsp. sugar
1 tsp. salt
2 tsp. baking soda
4 c. sour milk or buttermilk
1 egg
1 tbsp. fat

Sift dry ingredients together, add milk gradually, drop in egg, add fat and beat mixture thoroughly. Bake in greased baking dishes in a moderately hot oven (375˚F) from 1/2 to 3/4 of an hour, depending upon size and depth of pan.

Mammy's Corn Bread

March 1921

1 c. fine cornmeal
1 c. flour
1 tbsp. sugar
1 tsp. baking soda
1 tsp. salt
1 tbsp. shortening
milk or buttermilk, as indicated below
1 egg, well beaten

Sift dry ingredients together. Then work in 1 tablespoonful shortening. Mix to a medium batter with milk or buttermilk. Whip in 1 well-beaten egg and bake in a hot oven (400˚F).

Can You Make a Hoecake?

By Mrs. Alex Knox
April 1928

South of the Mason-Dixon Line the average published recipe for making corn bread is looked upon as a joke, yet Southern cooks are past masters of this culinary art. For the making of good corn bread, especially the famous southern hoecake, one must allow 25 per cent for ingredients and 75 per cent for skill.

The best recipes are not found on a printed page but

are handed down from mother, grandmother and . . . mammy. They are the kind that consist of "a handful of this, a pinch of that, and season to taste." These old recipes should be demonstrated and tasted to be properly appreciated.

Making a hoecake is so much regarded as a test of skill that on hearing of a "green young flapper" getting married, one remarks, "Why she can't even make a hoecake."

In our family hoecakes are a matter of tradition and for those who do not know the particular kind we make I should like to pass it on as a rich blessing.

The ingredients are the simplest, but the success of the product is in the way it is made. For the principal ingredient, the corn meal, we like fresh meal that is ground by a water mill wherever this is possible. This may seem a superstitious idea, but Southern cooks are pretty well convinced that water-ground meal is best. It seems that the high speed at which other mills are run "kills" the meal. Next, the meal should not be too finely bolted.

We make three kinds of hoecakes in our family: scalded, plain, and milk. You will notice that in the first two hoecakes, which are made with water, we omit the salt, preferring the natural flavor of the corn, but we serve these with plenty of butter and the necessary salt is provided in this way. We also prefer to cook these hoecakes on a smoking hot iron spider. A lower temperature is used for milk hoecake.

Scalded Hoecake (Delicious)

Three or four handfuls [about 2 c.] of fresh water-ground corn meal. Pour over this enough hot water to make a stiff mush; this will take about 2 c. The water, too, should be fresh and just below boiling point. Add cold water slowly to thin the mush until when it is dropped from the spoon no impression is left in the batter, or until it will slowly pour from the pan. This will require about 2-1/2 c. cold water and will make a deliciously thin crusty

cake. If a thicker cake is desired, do not make the batter quite so thin. Two or 3 spoons of melted fat added to this batter will help make the crust crisp, but it is not necessary.

Drop the batter by spoonfuls for small cakes, or pour in 1 large cake upon a smoking hot, well-greased griddle or baker. Cover cakes closely until crisp, light, and golden brown on lower side; then remove cover, turn cakes over and cook uncovered. Serve hot with plenty of butter and a glass of sweet milk.

You will notice that the best part of these cakes is the crust, especially the crisp, lacy edges. So you will probably like to make them thin and small so as to have more crust and more outside edge. This amount of batter will make about 12 small or 4 large cakes.

Plain Hoecake

This is so good with fried river fish and coffee.

This bread is served with vegetables which have been cooked the good old-fashioned way—boiled in an iron dinner pot with a piece of cured pork.

Mix 1 c. corn meal with cold water to make a soft dough—about 1-1/2 to 1-3/4 c—spread 1/3- to 1/2-inch thick on smoking hot, well-greased griddle, cover with pot lid until thoroughly cooked on one side, then turn and cook the other side with the cover off. Some cooks prefer to sprinkle dry meal over the griddle instead of greasing before putting the cake on to cook.

Milk Hoecake

You perhaps know that hoecakes were first baked on shining hoes or polished shovels before the open fire by . . . old slave[s], and to this day it is my belief that an old antebellum . . . mammy can "beat the world" at cooking such appetizers.

2 c. corn meal
1 scant tsp. baking soda
1 scant tsp. salt
enough fresh clabber [raw milk that has soured and thickened—an old-fashioned farm product] or buttermilk to make a cakelike batter
1 or more eggs or a little bacon drippings may be added to make a richer mixture

In a large bowl, mix all ingredients until just combined. Cook on a greased griddle uncovered on top of stove by turning like pancakes or this is perhaps more delicious baked in the oven.

When baked in muffin tins, this same recipe makes delicious muffins or "egg bread." Beat 1 egg with 1 tbsp. water and brush on top of "breads" before baking.

Light Fare—Sandwiches and Snacks

Even the farmer's wife, who usually laid a copious table, took it easy from time to time by serving up a plate of sandwiches for Sunday supper. What may be more difficult to believe is that anyone in her charge would have required snacks between her habitual five-course meals. But farm workers were hungry workers, particularly at harvest time, and therefore required sustenance all throughout the long, busy days.

Sunday Night Supper

By Miriam J. Williams
October 1935

There was that Sunday night supper of which I'm first reminded because it was in the fall. The dining table, with its lace luncheon cloth, a bowl of bright zinnias and two tall candles, was a pretty setting, indeed, for the satisfying supper served on it. Here is the menu:

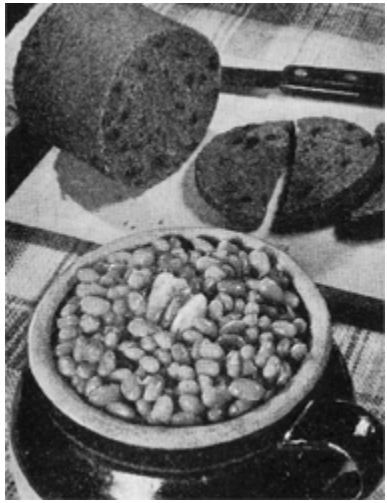
Toasted Tomato and Bacon Sandwiches
with Hot Cheese Sauce

Relish Tray of Celery and Carrot Strips
Olives and Pickles
Three-decker Filled Sponge Cake
Coffee

Baked Bean Sandwiches

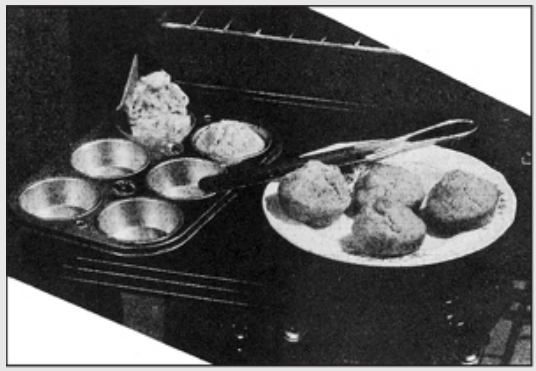
July 1914

To 1 c. left-over mashed baked beans add 1 tsp. chopped parsley, 1 tsp. onion juice [or 1/2 tsp. onion powder], and 1 tsp. prepared mustard. Season to taste with salt and pepper. Butter thin slices of bread and spread with this filling.



Peanut Butter as Aunt Martha Uses It

November 1934



Aunt Martha gave me a sidelong glance when I gasped a little at the size of the peanut butter jar in the box of groceries. She knew what I was thinking—"All this into peanut butter sandwiches! Poor lunches! Poor kiddies!"

At once she spoke up and said, "I used to get little jars of peanut butter before I began to experiment around a little. Peter, the most finicky one of the family, didn't ever touch his peanut butter sandwiches until I began to moisten or mix it with something. Land sakes! But the youngsters are crazy about the things I make with it now."

Experimenting with peanut butter is really fun. Since the peanut flavor is one that most children love, it can sometimes be used to "sell" a salad or a simple dessert.

Peanut butter is a concentrated protein and fat food, full of flavor. It combines well with starchy things, as a spread for bread or with sugar and flour in cookies. The simple addition of lettuce or chopped celery or carrots in peanut butter sandwiches, or the combination of fruit with peanut butter cup cakes helps supply the chief thing lacking—bulky or regulatory material.

Peanut Bacon Delight

November 1934

3 tbsp. bacon fat from 6 large slices of bacon, fried
3 tbsp. flour
9 tbsp. peanut butter (1/2 c. plus 1 tbsp.)

1 tsp. sugar (omit if using sugared peanut butter)
3/8 tsp. salt
2-1/4 c. milk, or enough to make sauce the right consistency
6 full-sized pieces of white bread, toasted golden brown

To the hot bacon fat add the flour, making a smooth paste. Add the peanut butter, sugar, and salt, mix thoroughly, place over fire and add 3 tbsp. milk. Stir rapidly until added milk is absorbed, then add 3 more tbsp. milk and cook as before. Cook until all the milk has been added. Add more milk if sauce seems too thick. Place hot toast on warm plates and pour 1/6 sauce in middle of each slice. Place a strip of the bacon across the top of the sauce and serve hot at once.

—*New Jersey Extension Service*

Peanut Butter Sandwiches

November 1934

Always blend peanut butter with milk, water, or other ingredients so that it is of spreading consistency. [Editor's note: This is useful for natural peanut butter, which can be quite stiff. It is less crucial for commercial varieties.] Season with a little salt. Here are some good combinations. Serve on bread, either open-faced or as a sandwich.

- Peanut butter and ground raisins moistened with fruit juice
- Peanut butter and warm honey
- Peanut butter on one slice; butter and red jelly on the other
- Peanut butter and mayonnaise dressing
- Peanut butter and chopped sweet pickle or relish is a favorite spread
- Peanut butter with crisp bacon crumbled on top; good toasted
- Peanut butter, shredded or ground carrots, and lemon juice

Peanut Butter Toast

September 1917

1 tbsp. melted fat
1 tbsp. flour
2 tbsp. peanut butter

salt and pepper to taste milk
12 pieces of toast
crisp-fried bacon

Heat fat in saucepan, add flour, stir until smooth, add peanut butter and seasoning. Mix thoroly, add milk enough to thin to spreading consistency. Pour over thin slices of toast, place a slice of crisp bacon on each slice of toast and serve at once.

Cinnamon Toast

April 1923

Cut slices of white or raisin bread 1/3-inch thick and toast to a light brown. Spread with butter while the toast is still hot enough to melt the butter. Sprinkle the buttered side of the toast generously with a mixture of ground cinnamon and sugar. The cinnamon and sugar are used in the proportion of 1 tsp. of cinnamon to 1/4 c. sugar. Place in the oven to heat and dissolve some of the sugar into the butter. Cut each slice in 2, diagonally, and serve while hot.

Tomato Toast

April 1929

4 tbsp. butter
3 tbsp. flour
1 tsp. salt
pepper to taste

1/2 c. crushed tomatoes, canned
1/2 c. scalded cream
6 slices toast

Melt the butter in a pan; stir in flour, salt, and pepper. Add tomatoes and, stirring constantly, let the mixture come to a boil. Add scalded cream. Mix to combine and pour sauce over toast and serve at once.

Cheese Toast

September 1923

6 slices bread
2 tbsp. butter
1 c. milk, heated
1/2 c. grated cheese
salt and paprika to taste

Remove crust from bread and save for crumbs; fry bread to a delicate brown in butter. Dip in hot milk to moisten. Sprinkle with grated cheese, dust over with salt and paprika, and bake for 5 minutes in a hot oven (450° F). Serve at once. This dish is suggested as a meat substitute for supper.

Cheats

February 1915

To 1 egg well beaten add 1 tsp. salt and enough flour to make a very stiff batter. Roll out to the thinness of a wafer, cut with a large round cutter and fry 1 minute in hot fat. Serve with cream and jelly, honey, or syrup.

Are Menus Monotonous? Get Uncle Sam's Food Bulletins

Anna Barrows
July 1916
Pop Corn Is Also Enjoyable

And how about pop corn? C. P. Hartley and J. G. Willier, of the Office of Corn Investigations, in Farmers' Bulletin 553, Pop Corn for the Home, say that "If every farm home would keep a supply of pop corn and a popper convenient, fewer nickels would be spent for less wholesome knickknacks and more enjoyable evenings would be spent around the family hearth." This attractive little bulletin gives pointers on growing, harvesting and storing pop corn; discusses poppers and tells how "to pop" with recipes for chocolate pop corn, sugared pop corn, and pop-corn balls. The young folk will appreciate them and corn in this form is very wholesome.

Why Not Hominy?

By Ness M. Rowe
October 1933

Hominy was served often by our pioneer grandmothers, but in some parts of the country, at least, we seem to be neglecting it of late. [I]t is a common Southern dish. [The following recipes come] from Iowa State College—the "tall corn" state! The directions are reprinted from

an Iowa State College leaflet.

Hominy Custard

October 1933

2 c. hominy (grits)
2 eggs
1 c. milk
1 tsp. butter
1/2 tsp. salt
1/4 to 1/2 c. grated cheese, optional

Mix hominy with beaten eggs, milk, butter, and salt. Pour into buttered baking dish and bake in a pan of hot water until firm, for about 30 minutes at 350˚F. Grated cheese may also be added.

Hominy Pudding

October 1933

2 c. hominy (grits)
2/3 c. chopped dates or raisins
2/3 c. maple syrup
1 c. milk
1 egg, beaten
1/4 tsp. salt
juice of 1/2 lemon

Mix the ingredients and put in buttered custard cups. Set in a pan of water and bake in a moderate oven (350˚F) till set like a custard.

Hominy Loaf

October 1933

1 c. milk
1 c. soft breadcrumbs
2 eggs, beaten
2 c. hominy (grits)
1 c. grated cheese

1 tsp. onion juice (or onion powder)
1 tsp. salt
1 tbsp. chopped parsley

Scald milk, add breadcrumbs, eggs, hominy, and rest of ingredients. Mix to combine and turn into baking dish, place in pan of hot water, and bake in a moderate oven (350˚F).

Serve with tomato sauce:

Melt 2 tbsp. butter, add 2 tbsp. flour, 1/2 tsp. salt, and 1/8 tsp. pepper. Blend thoroughly. Cook 1 c. strained [canned] tomatoes with a slice of onion [chopped] and add gradually to fat and flour. Cook thoroughly. Add 1/2 tbsp. capers, if desired.

Baked Hominy and Cheese

October 1933

2 c. cooked, left-over hominy (grits)
1/2 c. grated cheddar or Jack cheese
salt and pepper to taste
1 c. milk
1 tbsp. flour
1 tbsp. butter
breadcrumbs to cover

Place in baking dish alternating layers of cooked hominy and cheese. Season with salt and pepper. Pour over top a white sauce made of the milk, flour, and butter (see instructions in White Sauce recipe on page 18); cover with crumbs; dot with butter; and bake at 400˚F until golden and bubbly.

When Apples Reign

By Mabel K. Ray
October 1932

The apple is justly known as the “king of fruits.” Apples are plentiful in many regions, their cost is usually low, they have a long season, they can be used in many combinations, and they are healthful. Although

composed largely of water, apples are a good source of vitamin C in the raw state, and of minerals and roughage.

Apples that are tart are preferred for use in cooking, while mildly flavored ones are often preferred for eating from the hand.

Following are recipes for breakfast, dinner, and supper. We hope you like them.

Baked Stuffed Apples

October 1932

Wash, pare, and core 4 apples. Fill cavity with 1/2 lb. mild or hot Italian sausage, casings removed. Bake in a slow oven (300˚F) until apples are tender and sausage is thoroughly cooked, about 1 hour.

Fried Apples and Ham

October 1932

Wash, core, and slice 2 apples in 1/2-inch slices. Fry in 2 tbsp. left-over ham fat or bacon fat until brown and tender. The apples may be sprinkled with a small amount of brown sugar.

Scalloped Apples

October 1932

Pare and slice 6 apples as for pie. Arrange them in alternate layers with 1 c. buttered crumbs (see recipe on page 19) in a deep dish. Sprinkle apples lightly over the top with sugar and bake at 350˚F until tender and the crumbs on top are brown and crisp.

Breaded Bacon

April 1931

3 strips of bacon
1 egg

bread or cracker crumbs

Cut the strips of bacon in half width-wise. Beat the egg thoroughly. Bread the bacon with the crumbs; then dip it into the egg, and again into the crumbs. Fry slowly in hot fat of some kind. Cook until a golden brown. Caution: be sure to fry slowly for the crumbs will brown before the bacon is thoroughly done.

—Mrs. L. T. S., Minnesota

Baked Cranberries

November 1910

Wash 2 cups cranberries and put in an earthen dish with just enough water to cover them. Cover the dish and bake at 350°F until the berries are soft, then stir in 1 cup sugar and bake for 15 minutes longer.

Soups

"Soup served as a first course should be light, such as a clear broth with a few vegetables or bouillon. Cream soups, chowders, and rich vegetable soups serve as the main course of a supper or luncheon. Then generous bowls can be served."

—*The Farmer's Wife*

Hot Soups for Cold Days

By Mabel K. Ray
January 1934

When days are cold, steaming hot soup seems to "strike the spot" just a little better than anything else. Whether it is the clear soup which whets the appetite and is used as a starter for the meal to follow, or the more substantial soup which makes a whole meal in itself, there is a time and place for every soup. Besides, soups are economical, easy to do, offer perfect use for odds

and ends of left-overs, and make the family—like Oliver Twist—come back asking for "more."

Soups, like dresses, are made more attractive by a bit of trimming. Some cream soups are as colorless and uninteresting as a dull-colored dress. A bit of paprika sprinkled over the top of each dish, gives just that bit of dash that a red buckle can give to a colorless dress.

What a small child calls the "with-its" are as important to a soup as the right shoes and gloves and hat are to a dress. Some of the favorite "with-its" are:

Bread cut in half-inch-thick slices, spread with butter, cut in cubes or strips and toasted in the oven until dry and brown and crisp.

Cheese straws

Roll out pie crust made from 1-1/2 c. sifted flour, 1/2 tsp. salt, 1/2 c. lard, and 3 or 4 tbsp. ice cold water. Spread half of it with grated cheddar or Jack cheese; fold over and roll again. Repeat three or four times. Cut in strips about half an inch wide and five or six inches long and bake for 10 to 12 minutes at 475°F. Be careful not to use too heavy a hand with the rolling out—it should be done with a light, patting touch.

Corn Sticks

Unsweetened corn bread (see recipe for Mammy's Corn Bread on page 20) baked in a "finger roll" or corn stick pan until brown and crisp—about 15 minutes at 425°F.

Crackers. Salty wafers or plain crackers.

And the one absolute rule of successful soups, no matter what kind, is to have them really hot—not lukewarm! Warming the soup tureen and the dishes is almost necessary if the soup is to be at its best when served.

Chicken Rice Soup

1934

2 qts. chicken stock
2 medium onions
1-1/2 tsp. celery salt
2 tsp. salt
1/4 c. uncooked rice, rinsed
1/2 c. uncooked chicken, minced
1 tsp. chopped parsley

In a large stock pot add onions, celery salt, salt, and rice to stock. Cook until rice is half done, about 10 minutes. Add minced chicken for last 10 minutes of cooking. Garnish with chopped parsley.

[Editor's note: Adjust amounts of salt and celery salt in accordance with the saltiness of your stock. If you are using store-bought broth, you will probably need less than is called for.]

Egg Soup

July 1914

This is nourishing and can be used for invalids or delicate persons who cannot use vegetable soup.

Into 1 c. sifted flour loosely stir 1 egg, a bit of salt, and 1/4 tsp. baking powder until all the flour is moistened. Stir the flour and egg mixture into 3 pts. hot beef stock, cook for 5 minutes, serve hot.

Bean Soup

October 1910

Put one cupful of cold baked or stewed beans through a food chopper [or into the blender] together with one small raw onion, chopped. Mix well with one tablespoon each of flour and butter, a little salt and pepper, and add to one quart of hot milk in a saucepan. Allow to simmer for 5 minutes. Serve hot.

So-Good Suppers

March 1937

Green split pea soup
Cabbage slaw
Crackling corn bread
Honey butter
Custard pie

Green Split Pea Soup

Split pea soup calls for 1 c. green split peas, 1 small onion sliced, and 1/2 c. celery, chopped. Add 2 tsp. salt and 3 c. water. Cook until tender, strain if desired [or puree in the blender]. Add 2 c. milk and a lump of butter, heat to scalding. Sprinkle top with finely chopped bacon, salt pork, or bread cubes, fried crisp.

Potato Soup

May 1931

1 slice from a large onion
2 c. diced peeled potatoes
1 c. boiling water
1 tsp. salt

1/4 tsp. pepper
2 c. thin sour cream [thin store-bought sour cream with water to consistency of heavycream]
1 tbsp. minced parsley

Cook potatoes and onion for 15 minutes in boiling water. Add seasonings and cream. Heat. Garnish with chopped parsley.

[Editor's note: Puree in blender or food processor before adding seasonings and cream, if desired. Heat gently then garnish with parsley.]

Onion Soup

June 1916

Slice one large Spanish onion and cook over low flame with one ounce of butter for 10 minutes, until translucent. Mix in 2 tbsp. flour, cover with 1 pt. water and cook till the onion is tender. Combine with 1 pt. hot milk, season with salt and pepper. Serve with a cheese crouton in each plate.

[Editor's note: To make a cheese crouton, cut off the crust of a slice of thin bread, lightly toast, top with 1–2 tbsp. grated cheese and place under the broiler until melted.]

Onion Soup with Cheese

1934

1 large onion
1 tbsp. butter
1 c. beef stock
rounds or squares of toast, 1 per bowl
grated parmesan cheese

Slice onion fine. Fry in butter until brown. Add beef stock and boil, then simmer, covered, until onions are tender (15 minutes). Serve with cheese crouton floating on top. [Editor's note: See previous onion soup recipe for cheese crouton directions.] Parmesan cheese is especially good for onion soup.

Cream of Corn Soup

October 1910

To each quart of corn, cut from the cob or canned, add 3 pts. water and boil until tender. If in a hurry, put the corn through a food chopper [blender or food processor] before cooking. When tender, add 2 tbsp. butter, which has been well mixed with 1 tbsp. flour. Season to taste and allow it to boil up. Add 1 c. sweet cream just before serving.

Cream of Cucumber Soup

August 1938

2 cucumbers
salted water
2 c. milk
1 slice onion
2 tbsp. butter
2 tbsp. flour
salt and pepper to taste
dash Worcestershire sauce, optional
pinch nutmeg, optional
parsley, finely minced
chives, finely minced
croutons to garnish

Peel cucumbers, cut in slices and simmer in boiling salted water for about 15 minutes. Puree cucumbers in blender with some of the cooking liquid—start with 1 tbsp. and add more as necessary. Scald milk with the onion in a double boiler, then remove onion. Add cucumbers, then add the butter and flour creamed together with salt and pepper. A dash of Worcestershire sauce or a few grains of nutmeg may also be used. Garnish with finely cut parsley or chives. Serve with several croutons floated on the top of each bowl.

Cream of Carrot Soup

October 1910

1 c. finely mashed boiled carrots, 1 tbsp. each of flour and butter, 1/2 tsp. salt, and a little pepper. Stir into 1-1/2 qts. boiling milk

and simmer for 5 minutes.

Cream of Celery Soup

October 1911

He would unto the stews—Richard H.

For cream of celery soup, chop 6 stalks celery (about 2 c.) fine and stew until tender in salted (boiling) water to cover. Press through a puree sieve [or puree in blender with some cooking liquid], add 1 qt. hot milk, return to the fire and bring to a boil. Add 1 tbsp. butter, dredged with 1 tbsp. flour. Season with salt and pepper, and sprinkle with finely chopped parsley.

Cream of Potato Soup

October 1910

Mix 2 c. mashed potatoes, 2 tbsp. butter, 1 tbsp. flour, and a little salt and pepper with 1-1/2 qts. milk and cook until creamy.

Cream of Spinach Soup

May 1911

Wash 4 c. spinach, drain, and put on to cook in a saucepan of boiling water [or boil 1 package frozen spinach]. Boil rapidly, uncovered, until tender, about 2 minutes, then drain in a colander, run cold water through it, and chop fine. While the spinach is cooking, prepare the soup by cooking together 1 tbsp. each of butter and flour, slowly adding 4 c. hot milk and salt to taste. Season with 1/2 tsp. white pepper and 1/4 tsp. grated nutmeg. Add the spinach, run through the blender to puree. Serve hot.

Cream of Tomato Soup

1934

1 pt. canned tomatoes
1 slice from a large onion
1 small bay leaf

3 tbsp. flour
3 tbsp. butter
1 qt. milk
1 tsp. salt
pepper to taste

Cook tomatoes for 10 minutes with onion and bay leaf. Remove from fire; strain out liquid and remove bay leaf. Keep hot. Make a thin white sauce of the rest of the ingredients (see instructions in White Sauce recipe on page 18). Keep hot. Just before serving, pour tomatoes into white sauce. Serve at once. Always add hot tomatoes to hot milk rather than milk to tomatoes.

Soup by Inspiration

By Virginia Carter Lee
October 1917

I was once accused of making soup by inspiration. It is my conviction that a good soup is a dish which must be more the result of good taste and judgment in combining ingredients, than of any closely followed recipe. Indeed, soup ought to appear frequently on all dinner tables and it is something that any housewife, whether rich or poor, ought to be able to make for herself, without a cook book, which may list a number of ingredients that are not on hand.

For instance, on my morning visit to the ice box, I found these left-overs: one small cupful of stewed tomatoes, half a cupful of cooked cabbage, two fried sausages, some scraps of beefsteak with a good-sized steak bone, and some outer stalks of a bunch of celery.

I cut the sausages and celery into pieces and placed them with the other ingredients into the soup kettle. To them I added two onions sliced, four small potatoes sliced, salt and pepper to taste, a pinch of poultry seasoning, and about two quarts of cold water, according to conditions.

I covered the kettle closely, let the soup come to a boil, and placed it to simmer gently for six hours. A

fireless cooker is ideal for preparing these inexpensive soups.

When sufficiently cooked I put the soup thru a rather coarse colander, using a fork to press thru some of the very tender vegetables for thickening. The soup was then set away in a cold place so that the fat would harden on top and could be removed. The basis of the soup was then ready and might be finished and served in several ways. Cooked rice, macaroni, or noodles could be added, or a small teacupful of tomato catsup to make a variety of tomato soup, or it might be merely reheated and served with crisp crackers.

Any housekeeper will have other leftovers good or better than those I used. If there had been no tomato on hand, a little chili sauce might have been substituted, after the straining and skimming. When celery fails, there is always celery seed or the dried and pulverized leaves. If there is no meat, a tablespoonful of beef extract (added after skimming) or a scant tablespoonful of melted fat can take its place.

This is the secret of the famous French soups, a secret worth its weight in gold to all housewives. It all lies in knowing how to combine the minute bits of good food that otherwise might be thrown away and seasoning them so lightly that the flavor is delicate rather than pronounced. Too strong seasoning spoils soup for most persons.

Still another secret in making inspiration soup is a discreet use of vinegar, lemon juice, and even a pinch of sugar. By the wise addition of one or another of these valuable adds, the flat taste often noticed in homemade soups is lost. One needs to be very careful in the use and be sure of one’s own tasting power for a very small amount of any of them goes a long way. Soup to be good must be tasted again and again and seasoned to taste until just right.

Here is a roughly prepared list of ingredients which have appeared or rather disappeared in soups of mine that have received high praise:

baked apples, lemon peel, cooked oatmeal and

various cereals, scraps of bread, crackers, and toast, mashed turnips, gravies (either thick or thin), left-over portions of hash, stew, cold meat, ham bones, sausage, bacon or salt pork, cooked vegetables, potatoes prepared in any form, liquor left from cooking meat, vegetables, or poultry.

In short, with a little practice, almost anything that is clean and wholesome may be added to the soup pot, with benefit to the family health and great saving to the family purse.

Clear Tomato Soup

December 1919

Cook together for 1/2 hour, 1 large can [28 oz.] of tomatoes, 1-1/2 qts. of soup stock, 1 tbsp. chopped onion, 1/2 bay leaf, 6 cloves, 1 tsp. celery seed, and 1/2 teaspoon peppercorns. Strain out solids and serve with Bread Sticks (see recipe on page 19).

Tomato Chowder

July 1930

4 thin slices bacon
1 small onion, chopped
2 c. tomatoes, chopped
1/4 c. rice
4 c. water

Dice and brown bacon; add onions and cook until brown. Add remaining ingredients and cook until done. More water may be necessary.

—Mrs. O. S., Kansas

And Then Soup

February 1926

The woman who has soup skill does not need this paragraph!

A cupful of baked red beans or Chili-con-Carne makes the basis of delicious soup. Run through the meat grinder [or the blender] or chop finely. Thin with water unless you have tomato juice. With water you may need to add chopped onion or other “seasony” substance so as to not have a thin tasteless result. Parsley, spices, browned flour, and the judicious use of commercial sauces are servants of soup skill.

Tomato Bisque

January 1935

1 pt. canned tomatoes
2 tbsp. diced onion
1 bay leaf
1 peppercorn
1/4 tsp. baking soda
3 tbsp. butter
1 tsp. sugar
3 c. milk, scalded with 1 c. cream
1 tsp. salt
3 large soda or Saltine crackers rolled to powder
popcorn to garnish

Cook tomatoes for 10 minutes with onion and seasonings. Strain, puree in blender, add baking soda, butter, and sugar. Keep hot. To milk and cream add crackers and salt. Pour tomatoes into milk mixture. Serve at once. Garnish with popcorn.
Serves 6

Corn Chowder

August 1929

Corn chowder leaves nothing to be desired when served with graham bread and lettuce sandwiches, with apples for dessert. Heat 3 tbsp. fat in frying pan, add 2 tbsp. flour and 2 c. water. Slice into this 2 onions and 4 potatoes (1/4-inch slices). Cook until potatoes are soft. Add 2 c. fresh corn [or canned corn, well-drained] and 3 c. milk. Cook for 10 minutes. Season to taste with

salt and pepper.

Vegetable Chowder

November 1927

4 medium potatoes, diced
2 c. diced carrots
3 to 4 tbsp. butter or drippings
3 small onions, chopped
2 c. canned tomatoes
1 tsp. salt
2 c. milk

Add enough water to cook potatoes and carrots, and cook together. Do not drain off water. Brown the chopped onion in the fat. Add the cooked vegetables, liquid, and tomatoes to the browned onion. Add salt, and milk. Heat, but do not boil.

Salmon Chowder

April 1938

1/4 c. diced salt pork or bacon
1 onion, sliced
3 c. diced raw potatoes
1-1/2 c. flaked canned salmon
3 c. milk
2 tbsp. butter
salt to taste
soda or Saltine crackers
parsley

Brown salt pork or bacon, add onion and cook until soft and yellow. Add potatoes, cover with water and cook until tender but not mushy. Add salmon, milk, butter, and salt, bring to boiling point. In each bowl, crush 1 or 2 crackers, pour in soup and sprinkle with chopped parsley.

—Mrs. L. H., Massachusetts

Genuine New England Dishes

By Ida S. Harrington
November 1928

"Do send me a dozen or two genuine New England recipes," wrote a friend of mine recently. "I'm so tired of cooking the same old things, and I just can't get away from home right now. Of course you have them right at hand."

New England recipes all at hand? Little did she realize how they differ from state to state, town to town, family to family. One has only to suggest having found the real original rule for Boston-baked beans or Rhode Island johnny cakes to start a buzz of protest from old settlers whose traditional methods differ from those under discussion.

Recipes are family heirlooms. Menus are family rites. If a family has fish cakes for Sunday breakfast all the year except midwinter, when sausages and buckwheat cakes are served, they continue to follow just that schedule year in and year out. If baked beans are served on Saturday night, they are always served on Saturday night. If great-grandmother did not put tomato in her clam chowder, tomato is not included to this day.

. . . I slipped into the kitchens of two or three old friends and obtained my treasure. From the yellowed leaves of "Aunt Julia's" and "cousin Sally's" painstaking manuscripts I chose these recipes. No liberties have been taken with them beyond translating into definite amounts "the little blue bowl full" and "right up to this mark in the chowder kettle," the kettle that has been and will continue to be used "always" and so makes measuring absurd. What a delightful suggestion of permanence!

Clam Chowder

6 slices salt pork or bacon, diced

4 medium-sized onions, sliced thin

1 qt. diced, peeled potatoes

1 qt. clams, plus clam water
pepper and salt to taste
1 qt. milk, scalded
4 soda or Saltine crackers
4 tbsp. butter

Fry the pork very crisp. Add the onions and fry, constantly cutting them with a spoon and being careful not to burn.

Put pork, onions, and fat from frying into chowder kettle, add the diced potatoes, the clam water, and boiling water to cover. When potatoes are soft, add clams from which the black part has been removed and which have been put through the meat chopper (a modern liberty). Cook for 5 to 10 minutes. Add the seasonings and scalded milk.

Into a tureen put the crackers and butter. Pour the hot chowder over them and serve at once, very hot.

Holiday Soup

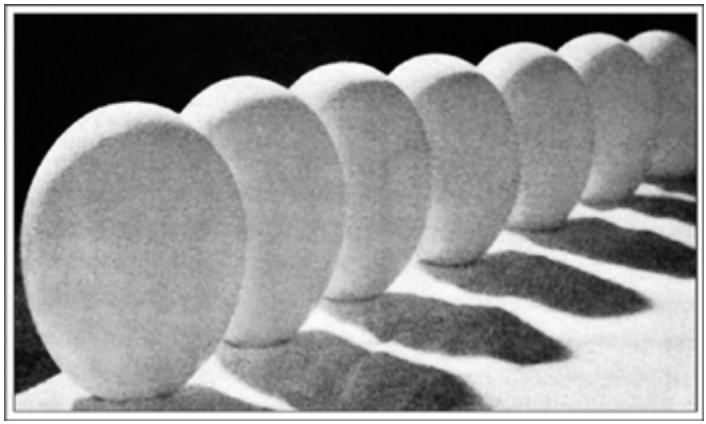
November 1938

2 tbsp. butter
1 onion, minced
1 pt. diced cooked pumpkin or squash
1-1/2 qt. seasoned meat broth
1/2 tsp. sugar
1 tsp. salt
1/2 tsp. pepper
3 whole cloves
1/2 tsp. ginger
1/2 tsp. celery seed
1 tbsp. flour
1 c. whipping cream
salt to taste

Melt butter, cook onion in it, add squash or pumpkin, diced quite

small. Stir carefully to keep cubes unbroken. Meanwhile, heat broth with seasonings to boiling. Add vegetables. Thicken slightly with flour rubbed with a little water. Serve hot with a dab of slightly salted whipped cream on each serving.

Egg Dishes



“Now that the biddies are through vacationing and the chicks are hatched, ’tis time for the family to have as many eggs to eat as they’ve been wishing for all winter. Not just fried or hard-cooked eggs until everyone is sick of them, but eggs in all sorts of new dresses and disguises. A hen worth her board and keep produces 20 eggs during the month of May. Thus even a small stock should furnish a generous supply.”

—Gertrude Brown, “When Hens Are Busy,” May 1930

Table Talk

Out-of-Door Luncheons and Recipes for Summer
Conducted by Sarah A. Cooke
July 1914

Nothing furnishes more genuine enjoyment than a luncheon eaten in the open air. There is something stimulating and exhilarating in the atmosphere one breathes outside of houses. Whatever this element is, it acts as a tonic and will make the most indifferent appetite tally nobly. Picnic or camp fare is almost always eaten voraciously.

Eat out of doors as frequently as possible. A verandah, a lawn, or a nearby park is often a desirable spot for a picnic meal. The outdoor luncheon should be an occasion for enjoyment. Hence, it is of prime importance that the labor of preparing the picnic be reduced to the minimum.

As to the bill of fare, fruit is always acceptable. So are hard-boiled eggs, which may be served in a variety of ways. Bread or buns are good, and may be served alone or made into sandwiches with eggs or cheese. Peanut butter is very highly prized by many veterans in the army of outdoor dinners. Potato salad and baked beans are popular with those who insist on vegetables. Pickles of all kinds are held in high esteem for the picnic lunch.

Deviled Eggs

4 hard-cooked eggs

1/4 tsp. salt

1/2 tsp. Dijon mustard

1/8 tsp. pepper

1 tsp. vinegar

2 tsp. mayonnaise

paprika

Remove shells from eggs and cut in half lengthwise. Remove the yolks and mash them smooth with all remaining ingredients except paprika. Roll mixture into 8 balls and place back in each 1/2 of egg. Garnish with sprinkle of paprika.

Baked Eggs

July 1910

Break fresh eggs into a shallow, buttered baking pan, sprinkle with salt, pepper, and bits of butter. Bake in a moderate oven (350˚F) until yolks are well set.

Eggs in Spinach Nests

February 1932

Wash 1 c. spinach per egg. Drain well and cook without water for 5 minutes with cover on; remove cover and continue cooking for 10 minutes. Drain, season with salt and pepper to taste, and place in a well-buttered baking dish. Form nests in spinach and crack an egg into each nest. Bake in a moderate oven (350˚F) until eggs are set. Sprinkle salt and paprika on eggs and serve.

Baked Eggs and Rice in Tomato Sauce

January 1932

1-1/2 c. uncooked rice, rinsed
1 small onion, chopped
2 tbsp. butter
3 c. canned crushed tomatoes
1 tsp. salt
1 bay leaf
6 cloves
3 tbsp. fat
3 tbsp. flour
7 eggs
1/2 c. grated cheese
1 c. buttered breadcrumbs (see recipe for Buttered Crumbs on

page 19)

Cook the rice covered in a large quantity of boiling, salted water for about 20 minutes. Drain, wash in hot water, and drain again well. Prepare sauce by cooking onion in butter until translucent. Add tomatoes and seasonings and cook for 10 minutes. Remove bay leaf and cloves and thicken with the blended fat and flour.

Make a layer of rice in a shallow greased baking dish, crack the eggs carefully on the rice, pour the hot sauce over the eggs, sprinkle over the top the grated cheese mixed with the breadcrumbs, and bake in a moderate oven (350˚F) until the eggs are set. Serve at once.

Quick Supper Dish

October 1926

1/2 lb. soft cheese
2 eggs
1/2 tsp. salt
1/2 tsp. dry mustard
black pepper
paprika
1 c. milk or more

Cut or break cheese into small pieces into large greased pie pan. Break eggs on top and sprinkle with mixed seasonings. Add milk to cover cheese and mix all together with fork. Bake in a moderate oven (350˚F) for about 15 minutes or until cheese is melted and mixture is set.

Denver Eggs

July 1927

Grease a baking dish and pour in sufficient tomatoes fresh or canned to cover the bottom. Cover this with a layer of stale bread crumbs. Carefully break over the crumbs the required number of eggs. Season with salt, pepper, and onion juice and cover the eggs with buttered crumbs (see recipe on page 19). Bake in a moderate oven (350˚F) for 15 to 20 minutes until the

egg white thickens.

Eggs: Can You Scramble Them?

By Miriam J. Williams
April 1934

What shall it be for supper? Shall we say scrambled eggs, for one thing, and a big bowl of salad, and biscuits if the oven is right? That sounds good, and it is good if the eggs are scrambled just right. There is a knack to scrambling them. Too many cooks take for granted that anyone can prepare them without half trying, but that isn't so; the dish may be spoiled for any one of a good many reasons. So we'll talk about the art of scrambling eggs, for it is an art.

Fresh eggs are essential, of course. Beat them just enough to break up the yolks and blend the whole mixture, using a fork or a whisk beater. Milk and seasonings are added at this stage. An even more hurry-up method is preferred by some, called country style, with eggs broken directly into the skillet.

Too hot a temperature when you cook eggs in any

form is perhaps the biggest crime committed against them. . . . [H]ave the skillet hot enough to sizzle when the mixture is poured in, then move it back or reduce heat to finish cooking. Stir up from the bottom and sides occasionally so that big flaky masses are formed . . . Cook only until the eggs are beginning to get firm. To cook at a high temperature or too long invariably makes tough or watery a dish that might have been tender and fluffy. . .

[T]hat good old emergency stand-by, dried beef, is quite acceptable as diced bacon when first frizzled in butter in the skillet, then scrambled along with the egg mixture.

Scrambled Eggs with Peas

May 1931

4 eggs
1/4 c. milk
1/4 tsp. salt
2 tbsp. butter
1/2 c. cooked peas

Beat the eggs slightly with a fork, add milk and salt. Melt butter in top of double boiler, add egg mixture and cook until creamy and done. Cook slowly and stir constantly. Add cooked peas.

Serve in place of meat. Other variations to use with scrambled egg are chopped cooked ham, chopped dried beef, grated cheese, or other leftover vegetables.

Scrambled Eggs and Rice

August 1931

3 eggs
1/2 c. milk
1/2 tsp. salt
1 c. cooked, left-over rice
2 tbsp. butter
pepper to taste

Beat the eggs until mixed, stir in milk, salt, and rice. Heat the butter in frying pan, add egg and rice mixture. Cook over slow fire and stir until eggs are set and mixture is firm. Season with pepper and serve. This is delicious served with spinach or some greens.

—*Mrs. T. S., Indiana*

Scalloped Potatoes and Eggs

March 1926

3 hard-cooked eggs
3 c. diced boiled potatoes
1/2 c. chopped ham
2 c. white sauce (see recipe on page 18)
3/4 c. breadcrumbs
sprinkling of paprika

salt to taste

Slice eggs and place with potatoes in greased baking dish. Add the ham to the white sauce and pour over eggs and potatoes, cover with crumbs, sprinkle with paprika and salt, and brown in a hot oven (450˚F).

Bird's Nest Potatoes

February 1931

Take 6 c. hot mashed potatoes. Season well with salt, pepper, and butter. Mix with 2 well-beaten eggs. Place in round baking dish or casserole. Make 6 depressions about 1 inch deep with large tablespoon. Break an egg into each. Salt and pepper slightly and place a thin strip of uncooked bacon around cavity and egg. Bake in a moderate oven (350˚F) until eggs are set and bacon browned. Recipe is an attractive meal in itself.
Serves 6

—A reader from Ohio

Eggs in Potato Nest

May 1926

1 qt. mashed potatoes
1 small chopped onion, cooked in butter until translucent
6 eggs
paprika

2 tbsp. chopped parsley

Left-over potatoes may be used if enough hot milk to make them soft and creamy is added. Mix potatoes with onion and arrange in greased baking dish; make 6 indentations in top. Into each drop an egg. Sprinkle with paprika and bake in a moderate oven (350˚F) for about 15 minutes, until eggs are set. Garnish with chopped parsley.

Colorado Luncheon

By Mrs. Bessie Toles
August 1938

Creamy ham custard
Savory rice
Tossed green salad
Bread and butter
Cantaloupe half with fresh raspberries

Creamy Ham Custard

4 eggs
2 c. milk
1 tbsp. butter
1 c. diced cooked ham
1/4 tsp. salt
dash pepper

Beat eggs slightly, add milk, ham packed solidly in a cup, and seasonings. Pour in a buttered baking dish or individual custard cups. Set in a pan of hot water, bake in a moderate oven (350˚F) until firm. Serve with Savory Rice (recipe below).

Savory Rice

Rinse 1/2 cup uncooked rice and drain. Cook in bacon fat with 1 tbsp. chopped onion until lightly browned. Add 1 c. crushed tomatoes and salt and pepper to taste. Cook over boiling water in top of double boiler or covered saucepan very slowly for 45 minutes.

Chicken Custard

November 1931

1/2 c. bread crumbs
2 egg yolks or 1 whole egg, beaten
2 tbsp. chopped cooked chicken
1 c. milk
salt and pepper to taste
sprinkling of celery salt

Combine in the order given and bake in custard cups set in a pan of hot water in a moderate oven (375˚F) until firm.

Neighborliness Plus For the Invalid

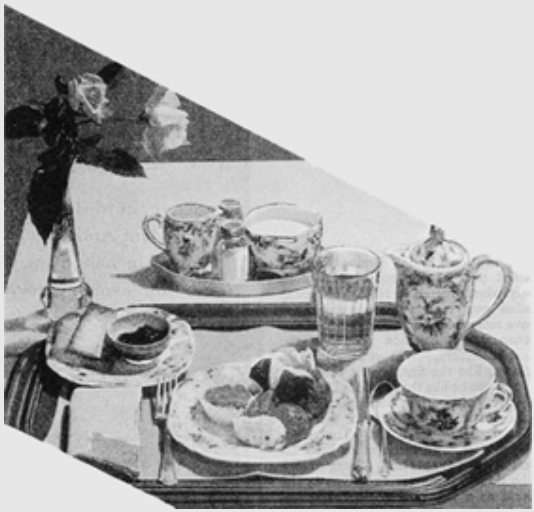
By Miram J. Williams
April 1934

The thoughtful neighbor who brings over a pot of baked beans and a loaf of brown bread when mother is ill, gives it word of caution: “this is for you boys, Sonny, and your Dad. I’ve fixed a custard for your mother, probably beans won’t be just the thing for her. Perhaps I can help get her tray ready.”

That is neighborliness plus, the neighborly spirit plus thoughtfulness and good judgment. Women who attended the Illinois Farm and Home Week this year gained a lot of the “plus” part from the talk given by Harriet Barto of the Home Economics Staff, University of Illinois, on food for the sick

“Go slow on onions,” brought a smile from some who perhaps remembered how weak they felt when husband or son came in their own sick room with an offering of potatoes fried with onion. Less saltiness, less sweetness than perhaps is usual, was Miss Barto’s advice. Hot things hot, and cold things cold, is not easy when the patient is many steps from the kitchen, but the use of a small preheated teapot to carry hot drinks and soup prevents both sloppy saucer or tray and undesirable

lukewarmness.



Thoughtfulness is again shown by the form in which food is served—meat cut up if it takes force . . . bread or toast cut in smaller pieces and perhaps buttered in advance.

Cheese Dishes

“As a nourishing food that can be prepared in attractive ways and can take the place of meat by supplying protein to the body, cheese should be a country woman’s standby.”

—Pearl Bailey Lyons, from “Cheese Dishes,” February 1917

Cheese Crackers

July 1932

2 dozen salted crackers
1/4 lb. grated cheese

Spread crackers with grated cheese. Bake in a moderate oven (350˚F) until brown (5 minutes). Serve hot or cold.

Cheese Fondue I

May 1931

1-1/3 c. hot milk
1-1/3 c. soft breadcrumbs (stale)
1/2 tsp. salt
1/3 lb. grated cheese
4 eggs, separated
1 tbsp. butter or other fat

Mix hot milk, breadcrumbs, salt, and cheese, add the yolks thoroughly beaten. Beat egg whites until stiff, then fold into first mixture. Pour into buttered baking dish and bake for 30 minutes in a moderate oven (350˚F).

Cheese Fondue II

6 eggs
1/4 lb. cheese
1 tsp. salt
dash pepper
3 tbsp. butter
6 slices buttered toast

Beat the eggs until light. Grate the cheese, add the seasoning and turn into a pan in which the butter has been melted. Then add the well-beaten eggs. Set the pan into another containing hot water, and while cooking over medium-low flame, stir carefully until the mixture is smooth and creamy. Serve at once on buttered toast.

Welsh Rarebit

June 1923

2 tbsp. flour
2 tbsp. butter
1 c. milk
1/2 tsp. salt
1 egg, separated
1 c. grated cheese
4 slices toast
paprika

Make a white sauce of the first four ingredients in pan over medium flame (see instructions in White Sauce recipe on page 18), add beaten egg yolk and grated cheese. When cheese is dissolved, add the stiffly-beaten white of egg and serve immediately over toast. Sprinkle with paprika.

Tomato Rabbit

May 1933

2 tbsp. butter
2 tbsp. flour
3/4 c. milk
3/4 c. canned crushed tomatoes
1/8 tsp. baking soda
2 eggs, slightly beaten
1/4 tsp. mustard
1/2 tsp. salt
speck cayenne
1/2 lb. grated cheese
toasted crackers or bread

Melt butter in top of double boiler. Add flour, stir until smooth, then add milk while stirring. When thickened, add tomatoes and baking soda, then beaten eggs and seasonings. Lastly fold in grated cheese, stir until cheese is melted. Serve on toast or crackers.
Serves 6

—University of Minnesota

Cheese Custard

August 1927

1 c. grated cheese
1/2 c. cream or rich milk
2 egg yolks
a speck of salt and paprika

Mix the cheese and the cream and heat until the cheese is melted, stirring constantly. Remove from the fire and stir in the

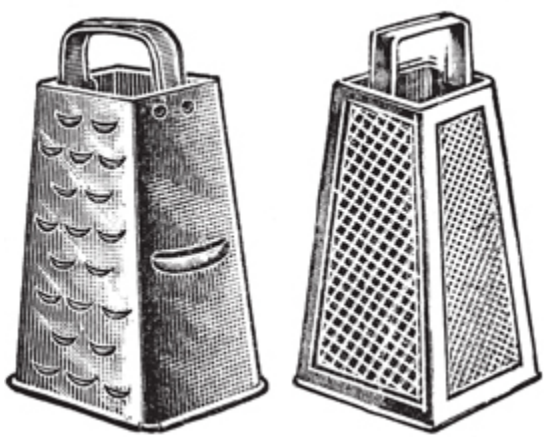
yolks of the eggs, salt, and paprika. Bake in paper cases or buttered ramekins in a moderate oven (350˚F), until set. Serve with jelly or preserves.

Cheese Pudding

May 1923

8 slices bread, buttered
1-1/2 c. cut or grated cheese
2 eggs or 4 if hens are laying
2 c. milk
1/2 tsp. salt
pepper

Fit a layer of bread into a greased baking dish. Add cheese, cover with bread. Repeat, having not more than 2 layers with bread on top. Mix egg, milk, salt, and pepper, and pour over contents of dish. Set in a pan of hot water and bake in a moderate oven (350˚F) until firm.



Cheese Ramekins

February 1917

From “Cheese Dishes: When Meat Is Scarce, Try Such Delicious Substitutes as These” *By Pearl Bailey Lyons*

2 tbsp. breadcrumbs
4 tbsp. milk
1 tbsp. butter
1/4 tsp. dry mustard
2 tbsp. grated cheese
1/4 tsp. salt
dash pepper
1 egg, separated

Boil the crumbs in the milk. When soft, add the butter, mustard, cheese, seasonings, and the egg yolk. Mix thoroly. Beat the egg white stiff and fold carefully into the yolk mixture. Pour into buttered ramekins, filling 3/4 full. Bake in a moderate oven (350˚F) for 5 or 6 minutes. Serve immediately before they fall.

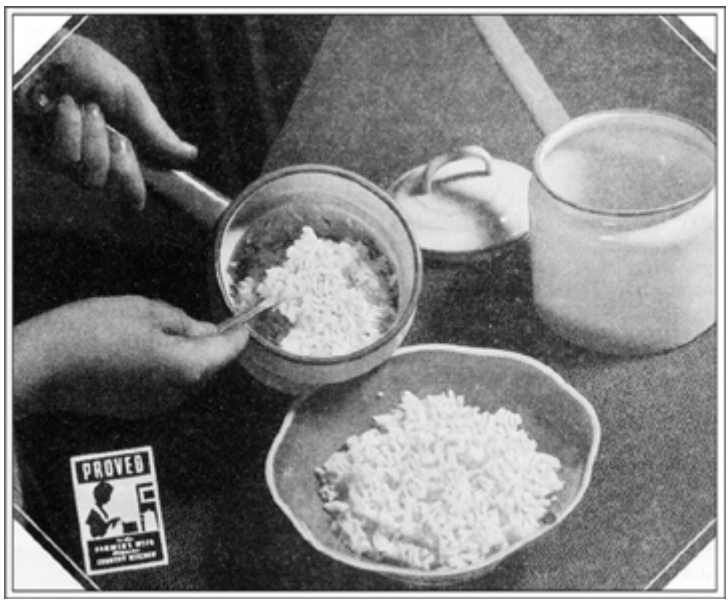
Cheese Soufflé

April 1937

4 tbsp. butter
1/4 c. flour
1 c. milk
1 tsp. salt
1 c. grated cheese
3 egg yolks, beaten
3 egg whites, stiffly beaten

Melt butter in a saucepan over medium-low flame, add flour and cook 2-3 minutes, stirring constantly, until lightly browned. Add milk in a steady stream and continue to cook until thick and smooth, about 3 minutes, stirring frequently. Add salt and cheese and stir until melted. Allow to cool slightly. Add beaten egg yolks and mix well. Fold entire mixture into egg whites. Turn into greased baking dish. Place in pan of hot water and bake in moderate oven (350˚F) for 50 minutes, or until soufflé is firm.
Serves 6

Noodles and Rice



From the days when pasta was called “macaroni” and rice was almost always white and boiled come these classic American recipes—with a few “exotic” variations.

Macaroni and Cheese

October 1916

1-1/2 c. macaroni
salt
1 c. thin white sauce (see recipe on page 18)
1/2 c. grated cheese
1-1/2 cupfuls buttered breadcrumbs (see recipe for Buttered Crumbs on page 19)

Prepare the macaroni by breaking into inch pieces. Drop it into boiling water to which has been added salt in the proportion of one tablespoonful to one quart. Cook until tender. Keep the water boiling rapidly and stir frequently to keep the macaroni

from sticking to the bottom of the pan. When done, pour thru a strainer. Set the strainer in a pan of cold water and wash the macaroni to remove the starch that causes the pieces to stick together.

To the white sauce add the grated cheese and mix until blended and melted. Stir into this the macaroni, then pour into a buttered casserole and top with the buttered crumbs. Bake at 350˚F degrees for 20 to 25 minutes, till brown and bubbly.

Macaroni Cheese Timbales

April 1932

1 c. cheese, grated
1-1/2 c. sweet milk
2 eggs
1 tsp. Worcestershire sauce
1/4 tsp. salt
1-1/2 c. cooked macaroni

Blend the grated cheese, milk, well beaten eggs, and seasonings. Divide the macaroni among 6 custard cups, then fill cups with cheese mixture. Set in pan of hot water and bake in a moderate oven (350˚F) until firm. These are delicious served with mushroom sauce (below).

Mushroom Sauce:
1 10-3/4 oz. can condensed mushroom cream soup
1 egg yolk, beaten
1/2 c. milk

Heat the soup in a saucepan, add the egg yolk and milk. Stir until thickened.

Noodle Mixup

January 1933

1 small onion, chopped
2 tbsp. fat
1 lb. ground beef

1/2 c. canned tomatoes
1 c. water
3 c. cooked egg noodles
1 c. canned kidney beans, well-rinsed and drained
1/2 tsp. paprika
1/2 tsp. salt

Fry onion in fat until brown; add meat, tomatoes, and water and cook slowly until meat is done, about 25 minutes. Add egg noodles, beans, and seasoning. Heat thoroughly and serve.

Macaroni and Left-over Meat Hash

July 1931

For each c. of left-over ground beef allow 2 c. of cooked macaroni. Cook macaroni in boiling salted water until tender. Drain and rinse. Place layer of macaroni and layer of meat in baking dish, alternating until dish is filled. Pour on any left-over gravy or a little milk. Top with crumbs and bake in oven at 350˚F until thoroughly heated and crumbs are brown.

Scalloped Salmon and Noodles

October 1932

2 lbs. noodles
1/3 c. flour
1/3 c. butter
3 c. milk
1 tsp. salt
1/4 tsp. pepper
4 eggs
1 lb. can salmon, drained and flaked with fork
1/4 c. butter
1-1/2 c. cracker crumbs rolled fine

1. Cook noodles in boiling salted water until tender. Drain.
2. Make white sauce of flour, fat, and milk (see instructions in White Sauce recipe on page 18). Add seasoning.
3. Add eggs to salmon and beat slightly.

4. Add noodles and white sauce to salmon.
5. Place in buttered baking dish and cover with buttered crumbs.
6. Bake in a moderate oven (350°F) until golden and heated through.

Italian Spaghetti with Meatballs

1934

1 lb. ground beef
1/2 lb. ground pork
1/3 c. breadcrumbs
1-1/2 tsp. salt
1/4 tsp. pepper
1 medium onion, chopped
Flour for dredging
3 tbsp. fat
3 c. canned tomatoes, highly seasoned (with salt and pepper)
1/2 to 1 c. cream
1 lb. pkg. spaghetti
grated Parmesan cheese to taste

Mix well the first 6 ingredients. Shape into balls, dip in flour, and cook in rich brown fat. Add tomatoes and cook until meat is done through. Add cream to taste and stir to mix; remove from heat. Meanwhile cook spaghetti, drain. Put in center of hot platter. Arrange balls around edge and pour sauce over spaghetti. Sprinkle with cheese.

Note: After meatballs are browned, they may be placed in bottom of baking dish, covered with spaghetti, cheese, and sauce and baked until done.

Creole Spaghetti

January 1933

3/4 c. spaghetti
1/2 c. chopped onion
3 tbsp. fat
1-1/2 tbsp. flour
1-1/2 c. canned crushed tomatoes
1 tsp. salt
3/4 lb. ground meat
2 tbsp. grated cheese, optional

Cook spaghetti in boiling salted water. Fry chopped onion in fat,

add flour, tomatoes, and salt, stirring constantly until cooked. Fry meat in frying pan, drain and combine with strained spaghetti, tomato sauce, and onion. 2 tbsp. grated cheese may be added.

To Cook "Plain Boiled Rice"

April 1911

Wash 1 c. rice quickly in water. Have a saucepan which holds 2 qts. full of boiling water. Throw the rice into it and add 1/2 tsp. salt. Let it boil furiously for just 20 minutes. If you put a clean marble in the bottom of the kettle before you put in the rice it will keep the grains dancing wildly up and down and round about so they will not burn. Watch the clock and when the time is up take immediately from the fire and drain through a wire sieve large enough to hold the rice without spilling. Put the rice into a deep [oven-proof] bowl or broad shallow pan, add 2 tbsp. cold milk and toss the rice about till the milk is absorbed.

Put it in a slow oven (275˚F) with the door open to dry off. Give it a toss about with your spoon once in awhile to ensure even drying. You will soon see every grain dry and distinct from its fellows and as creamy and soft as possible when eaten. This is perfection for boiled rice and vastly different from the sticky soupy messes often served under that name.

Rice with Tomatoes

November 1934

2 c. canned crushed tomatoes
1/2 tsp. salt
1/2 tsp. sugar
2 slices onion, chopped
few celery leaves, chopped
1/2 c. uncooked rice, rinsed

In the top portion of a double boiler, heat tomatoes and all ingredients except rice to boiling; add rice slowly and cook over direct flame for 2 to 3 minutes. Put over hot water in bottom portion of double boiler, cover, and cook for 45 minutes. When half done add 1 tbsp. butter and continue until done.

Cheese-Tomato Rice

October 1926

1 chopped onion
3 tbsp. bacon fat
4 c. boiled rice
1 small can tomatoes
salt
pepper

1/4 lb. cheese

Cook onion in bacon fat 1 minute and add to drained rice, mixing lightly with fork. Add tomatoes, season to taste and place in greased baking dish. Cut cheese in thin slices and place on top. Bake in a hot oven (450˚F) until cheese is melted, about 10 minutes.

Baked Rice with Cheese

May 1923

2 c. boiled rice
1/2 c. cut cheese
1 large tomato, sliced, optional
milk to moisten, about 1/2 cup
buttered breadcrumbs to cover (see recipe for Buttered Crumbs on page 19)
sprinkle of paprika

Arrange rice and cheese in alternate layers in buttered baking dish. A layer of tomatoes may be added if desired. Pour milk over. Cover with buttered crumbs and paprika. Bake at 450˚F until crumbs are brown, 10 to 15 minutes.

Rice au Gratin

May 1926

Cook 1/2 cup of rinsed rice in 1-1/2 cups boiling salted water. Use double boiler. Rice should be whole and dry. Place in a baking dish and dot with butter. Prepare the following sauce: cut up four slices of bacon, brown, adding some chopped onion. Add 2 tbsp. grated cheese, 1/4 c. tomato juice, pepper and salt, and 1 cup cooked peas. Simmer all together for a few minutes. Pour sauce over rice, mix lightly, and brown in oven.

Southern Rice

January 1933

1 c. wild or brown rice

water to cover
3 c. crushed tomatoes
1-1/2 tsp. salt
2 chopped onions
6 pork chops

Soak rice overnight in water. Drain. Butter baking dish, add rice, tomatoes, salt, and onion. Bake covered in oven at 350˚F for 3/4 hour. Remove lid, cover dish with pork chops. Bake 1/2 hour longer.

—*Iowa State College*

Baked Creole Rice

November 1931

2 c. cooked, left-over rice
1-1/2 c. meat stock
3 to 4 slices bacon
1-1/2 c. tomato soup, divided
1 onion, chopped
salt and pepper to taste

Add the rice gradually to the boiling stock. Place over hot water and let steam for 20 minutes until stock is absorbed. Brown the bacon slightly and remove to another pan. Cook onion in bacon fat until well-browned. Add the rice and mix well. Add 3/4 c. of tomato soup. Put the rice in baking dish. Cover with remaining tomato soup and slices of bacon. Brown in a quick oven (400˚F).

—*J. J. J., Oklahoma*

Turkish Pilaf

May 1927

1 small onion or 2 cloves garlic, chopped fine
2 tbsp. fat
1 c. rinsed rice
1 tsp. salt
2 c. boiling water

2 c. tomatoes
1 lb. raw lean beef or lamb
grated cheese

Fry the onion or garlic in the fat until slightly brown; add rice, salt, water, tomatoes, and meat, and cook in a covered dish until rice is soft. The meat may be omitted, the rice cooked in the tomatoes and water and the whole covered with grated cheese and baked until cheese is melted.

—Mrs. E. W., New Jersey

Curry with Rice

April 1926

This recipe was brought from India. Curry powder is not a common seasoning in the United States [Editor's note: It is now!], and not all Americans care for it. Those who do not may

omit the curry powder and substitute any preferred pungent seasoning. Chili powder and paprika are good.

1 c. rice
2 medium onions
1 clove garlic
1 c. shredded unsweetened coconut, soaked for
1/2 hour in milk to cover
1/4 pound veal and 1/4 pound lamb previously stewed and cut into small pieces*
1/2 tsp. curry powder
water
milk
salt and pepper to taste

Wash the rice until the water runs clear then sprinkle it into hot salted water and boil it tender. Strain off the water and set the rice in a 350˚F oven for 5 to 10 minutes—to dry. Chop onions and garlic fine and "frizzle" in a stewpan over the fire but do not brown. To this add the coconut. Add meat, curry powder, and water to cover the bottom of the pan. If the mixture seems too dry, put in a little milk. Season to taste with salt and pepper. The foreign cooks add pinches of cardamom, camino [cumin], and garam seeds [urad dal] for flavoring. Mix well and cook for 20 minutes. Pile the cooked rice around a platter, the meat and curry mixture in the center of it; garnish the edges with sprigs of parsley and serve hot.

*One half pound of either meat will do, but the combination is better. [Editor's note: 1/2 lb. of any left-over cooked meat, such as beef or chicken, will work as well.]

Rice and Meat Balls

October 1932

1/2 lb. ground pork
1/2 lb. ground beef
1 small onion, minced
1/4 c. uncooked rice
1-1/2 tsp. salt

1/4 tsp. pepper
1 can tomato soup or 14 oz. water

1. Mix all ingredients except tomato soup.
2. Form into balls and brown quickly in fat.
3. Place in baking pan, add tomato soup or water to pan drippings and pour over meat balls.
4. Bake for 2 hours in a slow oven (300°F).

6 Servings

Spanish Rice

November 1929

1 lb. hamburger
2 c. tomatoes
2 c. cooked rice
2 small onions, chopped
1 tsp. salt
pepper to taste

Thoroughly mix all ingredients and bake in a hot oven—425°F to 450°F—for 1 hour. This may seem too dry without the addition of a little more liquid—either water or tomato juice—unless the tomatoes are quite juicy.

—Mrs. O. S., Nebraska

Oven Meals Are Carefree Meals

By Katherine Goepinger
January 1930

When the wild winter winds blow it is time to serve substantial steaming dishes from the oven! And hearty meals they must be, too, for nippy days when the human machine requires added heat giving foods.

There is an unlimited number of menus that can be cooked in the oven to relieve the busy farm homemaker of kitchen responsibilities. We are not better nourished by elaborate dishes that consume a great amount of

time to prepare and mothers have enough to do without becoming slaves to the kitchen. Kitchen hours should be happy hours.

One of the most capable farm women I know prepares an oven dinner regularly as soon as the breakfast dishes are done. Then she is free to spend the rest of the morning away from the kitchen. She has taught her children to serve the meal when it is ready to come out of the oven, so, if she is away for the day and returns late, her family has just as complete a meal as though she were at home. Here is a favorite meal with her family:

Oven Meal I
Spanish Steak
Steamed Potatoes
Normandy Carrots (see page 140)
Spiced Beet Salad
Apple Flake Pudding

In the men[u] that follow[s], the children's lunch boxes have not been forgotten. There is something in [the] meal that will be enjoyed the next noon if made in individual portions.

Oven Meal II
Baked Ham with Pineapple (see page 128)
Baked Potatoes Stuffed with Corn
Cottage Cheese and Carrot Salad
Apple Dumplings with Hard Sauce

Stews and Casseroles

The farmer's wife, who was as economical with her time and her ingredients as she could be, was a big fan of stews and casseroles. They were a hearty, nourishing, and simple way to feed her family, and often allowed her to use up leftovers and many of her own home-grown provisions.

New Tomato Stew

August 1911

Skin and slice tomatoes [or slice canned tomatoes, which are already peeled] and put a layer of them over the bottom of a well-buttered pudding dish. Cover with a layer of minced or ground chicken, turkey, or beef (cooked), season well with salt and pepper, a little pinch of dry mustard, and 1/2 tsp. minced onion. Fill up the dish with alternate layers of the tomatoes,

meat, and seasoning, put in a little stock or water—about 1/2 c. to a quart dish—cover closely and let just simmer for nearly 1 hour. When cooked, add a lump of butter and 1 tbsp. vinegar. Serve as soon as the butter has melted. This makes a delicious and substantial luncheon dish, and is also an excellent way to use up a little left-over meat.

French Stew

April 1931

1 lb. beef shoulder
1 oz. suet [substitute thick-sliced bacon]
salt and pepper to season dredging flour
1 large onion, sliced
6 whole cloves
1 large potato, chopped
2 carrots, sliced
1 28-oz. can tomatoes, chopped

The meat should be at least 1-1/4 inches thick. Cut in pieces. Fry out suet or bacon in kettle or thick skillet. Salt, pepper, and flour the meat. Sear on all sides in hot fat until well browned, then slice the onion over it. Add enough water to cover well and add the cloves. Cover the skillet and let the stew simmer for 2 to 3 hours. When meat is almost tender, add other ingredients. The meat should become very tender. Lift carefully to a platter and garnish with the vegetables.

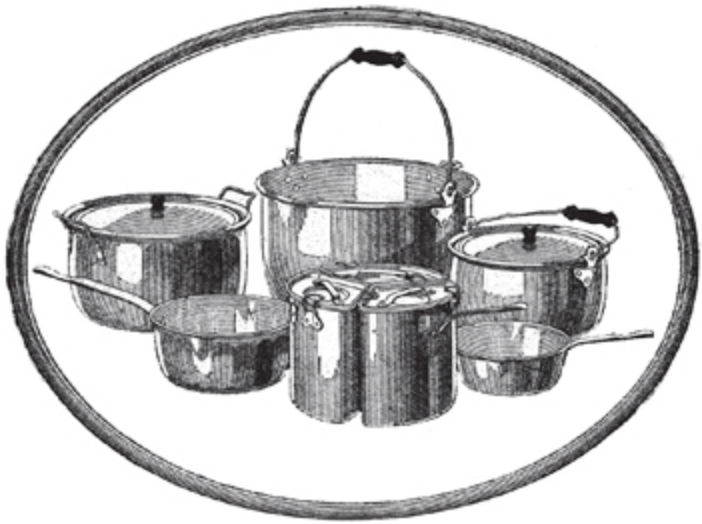
—Mrs. M.L.C., Kansas

Hot Pot

March 1926

1 lb. shoulder of beef, cut in 2-inch squares
2 tbsp. oil or butter
4 potatoes, peeled and sliced thin
1 onion, cut fine
salt and pepper to taste
water

Sear the bits of beef in oil or butter. Brown meat gives a better flavor. Butter baking dish and put in alternate layers of meat and potato and onion, having potato as the last layer. Season each layer with salt and pepper. Moisten with water, cover, and cook for 2 hours in a slow oven (325°F). If not brown enough, uncover for last 1/2 hour.



Convenient Vegetable Combinations

Elizabeth Shaffer
March 1930

Vegetable stews and soups are the most valuable for using up small quantities of uncooked vegetables. When cooked vegetables are to be added they should be put in after the other vegetables are tender and cooked only long enough to heat them through.

Vegetable Stew I

1/2 c. diced, peeled raw carrot

1/3 c. diced, peeled raw turnip

1-1/2 c. diced, peeled raw potatoes

stock to cover

1 c. cooked lima beans

1 c. cooked peas

1/4 c. minced onion

1/2 c. cooked or raw tomato

1 tbsp. butter

salt and pepper to taste

Cook the carrots, turnip, and potatoes in the stock for 20 minutes. Then add the lima beans, peas, onion, tomatoes, and seasonings, including butter, and cook for 10 minutes or longer.

Vegetable Stew II

1 small onion, minced

1/4 c. butter

1-1/2 c. string beans, cut in thirds

1-1/2 pts. boiling water

2 small sweet potatoes, peeled and diced

4 okra pods, sliced

1 c. tomatoes, chopped

1 c. corn, fresh or canned

1/4 tsp. pepper

salt to taste

1 tsp. sugar

Sauté the onion in the butter until it is soft but not brown. Add the string beans and boiling water and cook for 30 minutes. Then add the sweet potatoes and the okra, and continue cooking for about 20 minutes before adding the remaining ingredients. Continue cooking for about 15 minutes before serving.

Vegetable Stew III

1 c. diced, peeled raw potato

1 c. diced tomatoes

1 minced onion

1/2 c. diced celery

1/2 c. diced, peeled carrot

1/2 c. peas
1/2 c. finely cut cabbage
soup stock to cover
salt and pepper to taste

Simmer the vegetables in soup stock until they are tender. Add seasonings a few minutes before the soup is to be served.

Vegetable Stew IV

1/2 c. minced onion
1/2 c. diced, peeled raw potato
1/4 c. diced celery
1/3 c. diced, peeled carrot
1/2 c. sliced okra
1/2 c. rice, uncooked
1 tsp. salt
1/4 tsp. pepper
3 tbsp. butter
1 c. pureed, cooked peas
1-1/2 c. stewed tomatoes

Combine the vegetables and rice and add enough water to cover them. Cook until all the vegetables are tender, then add the seasonings, pea puree, and tomatoes and cook a few minutes longer.

Tamale Pie Dinner

October 1920

“Anna! How can you be sitting here mending stockings if you’re going to have twelve people to dinner at six?”

“Don’t worry, Belle! There isn’t a thing to do until about five o’clock. No, I didn’t get Hannah. I did the cooking yesterday afternoon. After our noon dinner, I set the table, and so I can rest now and be fresh and calm when my guests come.”

The dinner was a success. Try the dinner out some day for a menu change.

Tamale Pie
Mexican Beans
Salsa
Hot Rolls
Lemon and pickle salad
Cheese Balls
Water Melon
Coffee

Mexican Beans

Red or kidney beans boiled until soft and seasoned with salt and pepper and a small slice of bacon or pork.

Tamale Pie

4 lbs. of the second neck piece of beef [substitute stewing beef]

4 large onions

6 dried chili peppers

package of hominy grits (1 cup)

2 quarts tomatoes, either canned or fresh

1 c. small ripe olives (pitted)

1 c. seedless raisins

onion salt, garlic salt, salt, paprika, chili powder, and red and black pepper, all to taste

Boil the beef with some salt, two whole onions, and 2 dried chili peppers in several quarts of water until tender enough to fall from the bones. When soft, open the peppers, scrape out the inside and seeds and return the peppers to the broth, discarding skins and seeds. Make mush of the hominy grits and 4 c. of beef broth (add water if there is not enough broth); cook 3 to 5 minutes if quick-cooking, otherwise 15 to 20 minutes. Season mush with salt, pepper, onion salt, and garlic salt if you wish. Cut up beef into small pieces.

Make a tomato sauce this way: cut up tomatoes and drain off the juice. Set aside the solid part for the salsa (recipe below). Boil the juice with 2 onions cut up, 4 chili peppers, opened and scraped, chili powder, salt, paprika, red and black pepper if desired, onion salt, and garlic salt if desired. Thicken with flour rubbed in water. Add a good piece of butter. Add the beef and let come to a boil again. Now line a large baking dish with mush, fill with beef and tomato mixture, sprinkle the olives and seedless raisins over, and cover with mush. Bake long enough to heat through—about 30 minutes at 350˚F.

Salsa

Chop fine the solid part of the tomatoes, one small can of green chili peppers, drained, and one small onion, minced. Add about 5 tbsp. vinegar and three of oil, add salt and pepper to taste. This is also better after standing over night.

Chili Con Carne

1934

3 tbsp. fat
1 to 2 onions, chopped
1 lb. freshly ground beef
1/2 tsp. salt
1/2 tsp. pepper
2 c. canned pinto beans, rinsed and drained
2 c. canned tomatoes
1 to 2 tsp. chili powder

In skillet, melt fat and cook onions slightly. Add meat, sprinkle with salt and pepper. Cook slowly until brown. Add beans, tomatoes, and chili powder. Heat all for 30 minutes. Serve in bowls accompanied with crackers or toast.

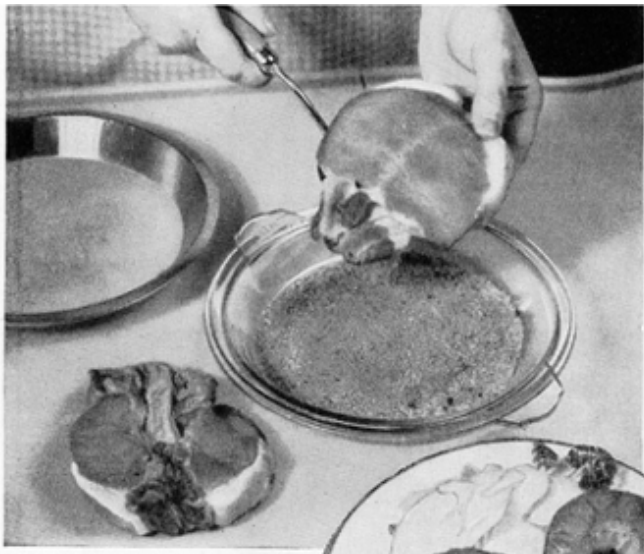
O.K. If Company Drops In

Veal and Vegetable Stew
Gravy
Salad with tomato slices with pineapple and cottage cheese filling
Bread and butter
Chilled watermelon

A Stew of Distinction

2 lbs. veal or lean lamb shoulder
3 tbsp. lard
3 c. boiling water
4 carrots
1 small stalk celery
6 small white onions, peeled
6 medium-sized potatoes
1-1/2 tsp. salt
pepper to taste
2 tbsp. chopped parsley

Wipe the meat with a damp cloth. Cut into 2-inch cubes. Brown well in a kettle containing hot lard. Add boiling water, cover, and simmer for 45 minutes. Add the vegetables; the carrots cut in length-wise pieces, the celery in 4-inch sticks, the onions whole, and the potatoes in halves. Add salt and pepper and cook for 45 minutes more. When all are done, remove to a hot platter, piling the meat cubes in the center and arranging the vegetables in separate piles around the edge of the platter. Sprinkle meat with chopped parsley. Thicken gravy with flour, if desired; serve in separate bowl.



Butterfly pork chops are double rib chops. Serve with scalloped potatoes and a big baked apple

MENUS AND RECIPES

I. A Company Dinner

Melon fruit plate
Roast beef supreme — Mashed potatoes
Rolls — Brown gravy
Corn and lima bean succotash
Sliced cucumber and green pepper rings
Sour cream dressing
Coffee
Spanish cream — Nut cookies

II. O. K. If Company Drops In

Veal and vegetable stew — Gravy
Salad of tomato slices with pineapple and cottage cheese filling
Bread and butter
Chilled watermelon

III. For Hearty Appetites

Butterfly pork chops — Au gratin potatoes
Corn on the cob
New cabbage and carrot salad with raisins

Roast Beef Supreme

Select a two or three standing rib roast. Wipe with a damp cloth and rub with salt and pepper. Place the roast in a dripping pan with the fat side up. If you have a meat thermometer, make a small incision through the fat covering of the roast and insert it so that the bulb reaches the center of the roast. Do not cover the roast and do not add any water. Place the meat in a slow oven (300° F.) and roast to the desired degree of doneness. The roast-meat thermometer will register 140° F. for a rare roast; 160° F. for a medium roast, and 170° F. for a well done roast. Allow 18 to 20 minutes to the pound for cooking a rare roast, 22 to 25 minutes to the pound for a medium, and 27 to 30 minutes to the pound for a well-done roast. A four pound roast will serve six to eight people.

Buns Jelly Pickles
Peach cobbler with cream

IV. A Handsome Meal

Crown roast of frankfurters with potato dressing
Vegetable platter of whole beets, sliced summer squash and green beans, with melted butter and lemon juice
Bread and butter Grape conserve
Plum tarts with whipped cream
Iced tea

V. A Party Supper

Creamed chipped beef with waffles
Cantaloupe halves filled with berries
Coffee or tea

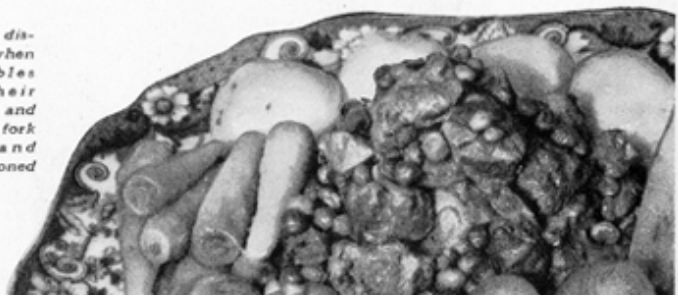
A Stew of Distinction

2 lbs. veal or lean lamb shoulder
3 tblsp. lard
3 c. boiling water
4 carrots
1 small stalk celery
6 small white onions
6 medium sized potatoes
1½ tsp. salt
Pepper
2 tblsp. chopped parsley

Wipe the meat with a damp cloth. Cut into two inch cubes. Brown well in a kettle containing hot lard. Add boiling water, cover and simmer for 1½ hours. Forty-five minutes before serving, add the vegetables; the carrots cut in lengthwise pieces, the celery in 4-inch sticks, the onions whole and the potatoes in

Continued on Page 31

A stew is distinctive when vegetables keep their identity and meat is fork tender and well seasoned



Adouba

June 1938

A dish of Greek origin, where pork is rendered especially savory with spices and long, slow cooking.

3 lbs. pork shoulder
1 c. cider vinegar
1 c. water
1-1/2 tsp. salt
dash cayenne
1 tsp. whole cloves
1 tsp. whole allspice
1 2-inch stick whole cinnamon
small piece fresh ginger
Plain Boiled Rice (see recipe on page 72)

Cut pork in 2-inch squares, trimming off excess fat. Simmer with vinegar, water, and spices tied in a bag in a heavy, covered kettle until meat is very tender, 1-1/2 to 2 hours. Add a little more water if necessary but keep cooking temperature low. Remove

spices. Arrange steamed rice in a platter and pour meat cubes and a little broth in the center.

Hasty-Tasty Stew

November 1936

2 strips salt pork (or bacon), diced
1 onion, minced
2 c. cooked, left-over pork
1 c. diced celery
2 carrots, peeled and sliced thin
2 potatoes, peeled and diced
1 10-3/4 oz. can condensed tomato soup
1 c. or more water
salt and pepper to taste
dumplings (see instructions in Pot Pie recipe on page 98) or biscuit dough (see instructions in Meat Pie recipe on page 101)

Fry out salt pork or bacon, add onion and meat. Cook until lightly browned, add other vegetables, tomato soup, and water. Season as necessary with salt and pepper, bring to a boil and simmer for 15 minutes. Drop in dumplings, cover tightly and cook for 15 minutes. Or put in a baking dish and top with biscuits and bake in a hot oven (400˚F) until biscuits are brown. If cooked vegetables are used, do not add them until the stew is ready for dumplings.
Serves 4 or 5

Casserole Cookery

By Bess M. Rowe and Miriam J. Williams
February 1925

The whole world looks to France for fashions and food, but one kind of French cooking deserves more attention than most of us give it—casserole cooking. While we are having this run on "weeks" to celebrate everything from cheese and apples to music and books, why not have a casserole week, with a meal built around a casserole dish each day of the week? Here's why and how.

Food cooked in casseroles is delicious—best of all, casserole cooking is time saving and work-saving! Because—

- Casseroles are double-duty dishes, since food is served in the dish in which it is cooked and this means a saving in dish washing.
- The food can be prepared in the morning and put into the dish, ready to pop into the oven when the time comes.
- Food cooked in casseroles keeps hot, which is a

great advantage if the meal hour is a bit uncertain.

- Casserole cooking is flavor-full cooking, as the foods are cooked slowly, and mostly in their own juices.
- Most casserole dishes are “hearty”: they are truly one-dish meals. The one American dish which comes in the casserole class is baked beans—the traditional Saturday night supper in New England.
- Casseroles are easily cleaned, if directions are followed.
- The food comes straight from the oven to the table —which means hotter and better appearing food.

Some points to remember in using a casserole:

- Avoid sudden changes of temperature. For example, never add cool water to a hot casserole dish and never set the hot dish on a cold surface, such as a wet sink.
- With proper care, a casserole is a lifetime utensil, but if one does chip or crack, it should be used only for dry materials, as the chipped pottery is very absorbent.

The French word “casserole” originally meant stewpan or saucepan but now it is usually applied to any baking dish of earthenware or glass and even to similar dishes of enameled ware or aluminum.

Casseroles come in all sizes, from the small individual ones to those which are large enough to hold food for a big family. French casseroles, unglazed outside and glazed inside, with stubby handles at one side, are charming and come in all sizes. Other attractive individual casseroles are those of glass or soft-colored pottery—and baked beans do have a dress-up touch when baked and served in individual pots! The larger pottery casseroles, too, come in charming colors and many of them have serving plates to match, to protect the table from heat. Glass casseroles show to full advantage the “yumminess” of their contents.

CASSEROLE COOKERY

The old-fashioned bean pot strikes the keynote for an old-fashioned supper

"Beef Blankets" are inviting in this casserole

By Bess M. Rowe and Miriam J. Williams

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—casseroles are double-duty dishes, since the food is served in the dish in which it is cooked and this means a saving in dish washing.

—the food can be prepared in the morning and put into the dish, ready to pop into the oven when the time comes.

—food cooked in casseroles keeps hot, which is a great advantage if the meal hour is a bit uncertain.

—casserole cooking is flavor-full cooking, as the foods are cooked slowly, and mostly in their own juices.

—most casserole dishes are "hearty"; they are truly one-piece meals. The one American dish which comes in the casserole class is baked beans—the traditional Saturday night supper in New England.

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Casseroles come in all sizes, from the small individual ones to those which are large enough to hold food for a big family. French casseroles, unglazed outside and glazed inside, with stubby handles at one side, are charming and come in all sizes. Other attractive individual casseroles are those of glass or soft-colored pottery—and baked beans *do* have a divine up-touch when baked and served in individual pots! The larger pottery casseroles, too, come in charming colors and many of them have serving plates to match, to protect the table from heat. Glass casseroles show to full advantage the "yumminess" of their contents.

Some authorities suggest "tempering" a glass or earthenware casserole before using it. Place the casserole on a rack in a kettle or pan large enough so that the casserole doesn't touch the sides at any point. Cover with cold water and bring slowly to a boil. Boil for five minutes, then let cool before removing the casserole. Whether or not you "temper" the casserole, it should be heated slowly the first time it is used.

Keeping up appearances is important in the life of every dish which goes to the table. If the casserole is well greased clear to the top and the food baked in a moderate oven, there will be little trouble in keeping baking dish free from burning. Again, moderate heat means a tastier, more appetizing dish when it is served. Vary the toppings by means of buttered crumbs, rolled oats or prepared cereal dotted over with butter before baking; thin strips of bacon or salt pork which may be sprinkled with crumbs for a crunchy topping; and occasionally hard-cooked egg yolk or cheese grated on top before serving.

Menus built around casserole dishes are suggested above

(Continued on Page 18)

Individual casseroles are charming whether of glass, earthenware or soft-toned pottery—and baked beans do taste better in individual pots

Sunday Dinner
Smothered Chicken
Hot Biscuits
Steamed Brown or Wild Rice
Onions Baked in Tomato Sauce
Jellied Fruit Salad
Date Torte with Cream Coffee

Monday Supper or Lunch
Baked Spinach with Cheese
Bacon Corn Bread Conserve
Canned Fruit Spiced Cup Cakes
Cocoa

Tuesday Dinner
Casserole of Canned Meat and Spaghetti or Noodles
Baked Sliced Beets
Celery Rolls Jam
Apple Crisp with Cream
Toasted Saltine Crackers Tea

Wednesday Supper or Dinner
Hamburg Casserole Pickalilli
10-Minute Cabbage with Grated Cheese
Bran Muffins Honey
Jellied Prunes with Cream
Cookies

Thursday Dinner
Beef Blankets Baked Potatoes
Celery and Apple Salad
Whole Wheat Bread and Butter
Milk and Coffee
Creamy Rice Pudding with Raisins

Friday Supper or Lunch
Baked Oysters with Bacon
Mustard Pickle
Carrots with Lemon Butter
Date Muffins
Peach and Cottage Cheese Salad
Tea

Saturday Supper for Skaters
Boston Baked Beans
Brown Bread Sandwiches
Cabbage Slaw with Russian Dressing
Pumpkin Pie with Cheese Crust
Milk and Coffee

Suggestive Menus

By Ruth Raymond
May 1912

The momentous question of "what shall we eat"—which comes to the housekeeper three times a day and which must be met with a well-supplied table, whether everything else in the house goes undone—becomes monotonous and wearying. We hail suggestions as a shipwrecked mariner does the distant sail.

Especially is this true in the spring of the year, before green vegetables appear and when the family has tired of the well-stored winter supplies. In the following menus provision for meat has been made for but once a day, except in the use of left-overs. Some of the suggestions may make a pleasant change from the regular routine.

Dinner Menus

Dinner No. 1

Beefsteak, mashed potatoes, coldslaw apple and celery salad, cottage pudding with lemon sauce

Dinner No. 2

Cream tomato soup, pot roast beef with baked potatoes, mashed turnips, baked apples with cream and sponge cake

Dinner No. 3

Veal pot pie with dumplings, mashed potatoes, stewed tomatoes, shredded carrots, apple and celery salad, Indian pudding with hard sauce

Dinner No. 4

Cream pea soup, broiled mackerel, baked macaroni with cheese, boiled potatoes, dill pickles, cornstarch blanc mange

Dinner No. 5

Broiled ham, baked onions, boiled rice, potato salad, crackers, cheese, and coffee or cocoa

Dinner No. 6

Cream of celery soup, veal croquettes, stuffed potatoes, baked hominy, fruit and nut salad, orange sherbet and cake

Supper Menus

Supper No. 1

Baked beans, graham and white bread, peach marmalade, tea

Supper No. 2

Fish picked up in cream sauce, baked in individual shells or cups, stewed apples, cheese, toast, tea

Supper No. 3

Potato salad, hot biscuits, gingerbread, cocoa

Supper No. 4

Eggs baked in ramekin or cup with two tablespoons of milk, bread crumbs, and seasoning, bread and butter, stewed fruit, tea

Supper No. 5

Croquettes of left-over meat, dill pickles, toast, sliced oranges, tea

Supper No. 6

Chipped beef in cream gravy, cottage cheese, graham or white bread, canned cherries, cookies, cocoa

Boston Baked Beans

February 1935

1 qt. dried navy, pinto, or small white beans
1 small onion, peeled and chopped
1/4 lb. salt pork or bacon
1/2 to 1 tbsp. salt
1/2 tbsp. prepared mustard
1 c. hot water
3 tbsp. molasses

Wash and soak beans in cold water to cover overnight. In the morning, drain, cover with fresh water and cook slowly until the skins break, 45 to 50 minutes. Drain. Place onion in bottom of earthenware bean pot, pour in beans. Score rind of salt pork (or chop bacon). Mix seasonings and hot water together. Bury pork in beans, leaving rind exposed (or mix in chopped bacon). Add

molasses and hot water mixture. Cover bean pot and bake in a slow oven (250˚F) for 6 to 8 hours. Add water as necessary. Bake uncovered the last hour.

Main Dish Vegetable Casserole

March 1939

4 slices bacon
3 tbsp. flour
1 pkg. frozen peas, cooked, drained
water from cooking peas
1-1/3 c. rich milk
2 tbsp. peanut butter
1/2 to 1 tsp. salt
pepper to taste
2 c. blanched celery cubes
1 c. buttered breadcrumbs (see recipe for Buttered Crumbs on page 19)

Dice bacon and cook until crisp. Pour off part of fat to leave 3 tbsp. To this add flour, liquid from peas, and milk to make 2 cups. Stir until smooth. Add peanut butter and seasonings and blend. In a baking dish, alternate layers of celery, peas, crumbs, and sauce, top with crumbs. Bake for 20 minutes at 350˚F until crumbs are brown.

Variations:

Use sautéed onion or quick-cooked cabbage in place of celery.

Use cheese sauce (see instructions in Tomato Custard with Cheese Sauce recipe on page 167) or 1 can condensed cream of mushroom soup combined with milk in place of peanut butter and bacon sauce.

Casserole of Chicken and Corn

1934

1 onion, chopped
2 stalks celery, chopped

1/4 c. butter
2 c. cooked, left-over chicken
salt and pepper to taste
1/2 c. milk
1 egg, beaten
2 c. cooked or canned corn, drained
breadcrumbs for topping
butter

Cook the onion and celery in butter until soft but not brown. Chop the chicken, add seasonings, milk, and egg. Put into a casserole with corn, cover the top with breadcrumbs, dot with butter. Bake for about 40 minutes in a moderate oven (350˚F).

Casserole of Chicken and Vegetables

1934

Rinse chicken pieces in cold water and dry on paper towels. Roll each piece in flour seasoned with salt and pepper. Brown slightly and quickly in a spoonful each of butter and lard. Remove and pack into a deep casserole in layers with vegetables. These may include parboiled small onions; very small peeled potatoes; minced parsley; sliced, peeled carrot or whole baby carrots; or diced celery. Season with salt and pepper, and pour over all 2 c. of hot water which has first been poured into skillet to rinse out the fat. Cover and cook for 2 or 3 hours in a very moderate oven (300˚F) or until meat and vegetables are tender. Before serving, pour off liquid, add milk and flour to make a rich gravy, return to casserole and serve. Accompany with a dish of hot buttered toast squares, on which you may serve the contents of the casserole.

Michigan Dinner for Hunters

By Mrs. Vave Lewis
September 1938

Chicken casserole with biscuits
Mashed potatoes
Mixed vegetable salad with cream dressing

Bread and butter
Pickles
Apple pie with cheese
Coffee and milk

Chicken Casserole with Biscuits

Cook a young fowl in water to cover until tender, adding a small onion, a stalk or two of celery, and 1 tablespoon salt while it is simmering. Remove meat from bones, leaving it in large neat pieces. From the broth make gravy: first strain liquid, skim off fat and cook down or add milk or water to make 4 cups of liquid. Thicken with 1/3 c. flour mixed with 1/4 c. chicken fat (butter may be used). Season and cook for a few minutes. Put chicken pieces in casserole, add enough hot gravy to cover. Put biscuits on top (see instructions in Meat Pie recipe on page 101) and bake for 30 minutes in a hot oven (400˚F). Chicken and gravy must be hot if biscuits are baked on top. Or bake biscuits separately while chicken and gravy are heating in a covered casserole and put on top to serve. Serve extra gravy in a bowl.

Smothered Chicken

February 1935

3 or 4 lbs. chicken, cut in serving pieces
flour, salt, and pepper
1 tbsp. each lard and butter
3 tbsp. flour
1 small can cream-style corn
1 c. cream
1/2 tsp. salt
1 tsp. paprika

Roll pieces of chicken in flour seasoned with salt and pepper, and brown lightly in hot fat. Remove chicken to baking dish. Add flour to fat, stirring till smooth; then add corn, cream, and seasonings to make a gravy. Paprika makes a rich-colored gravy. Stir and when smooth pour over chicken and bake in a moderate oven (350˚F) until tender. If rather young and tender, the chicken may be baked uncovered in a very moderate oven (325˚F). If less tender, cover during baking and remove cover last 20 minutes to brown.

Pot Pie

February 1937

3-1/2 lbs. chicken or veal
1 small onion, chopped
salt and pepper to taste
1 large potato, peeled and diced
1/4 c. parsley, chopped

Dumplings:
2 c. sifted flour
3 tsp. baking powder
1/2 tsp. salt
1 tbsp. butter, plus extra for sprinkling over the top
1 egg, beaten
about 1/2 c. milk
pepper

Stew chicken or veal with onion in water to cover until almost done. Add salt and pepper, potato, and parsley. Boil for 10 minutes, drop in dumplings (see recipe below). Cover and cook for 15 minutes without lifting the cover.

To make dumplings:
Sift together flour, baking powder, and salt. Rub in butter, add egg and milk to make a soft dough. Roll out on floured board, spread with butter and sprinkle with pepper. Roll up like jelly roll and cut in rounds.

Tomato Hash

May 1930

Butter a pudding dish well, put in a layer of sliced tomatoes, a layer of cold, chopped, left-over chicken, a layer of buttered breadcrumbs (see recipe for Buttered Crumbs on page 19); repeat layers until the dish is full. Season with salt, pepper, and sugar to taste. Beat 2 eggs and pour over top. Bake in a moderate oven (350˚F) until golden brown.

—Mrs. M.A.W., California

Deviled Chicken

February 1927

Melt 2 tbsp. butter, add 2 tbsp. bread crumbs, 2 c. finely chopped

cooked chicken, and 1/2 c. cream. Stir until thoroughly heated. Put into ramekins, sprinkle with chopped parsley, and brown in the oven at 350°F.

Chicken a la King

October 1927

4 tbsp. chicken fat or butter
4 tbsp. flour
1 tsp. salt
1/4 tsp. paprika
2 c. milk (or milk and stock)
2 tbsp. chopped pimentos
2 c. uncooked chicken, chopped
1 egg

Make a white sauce of the first 5 ingredients (see instructions in White Sauce recipe on page 18). Add pimentos and chicken. Heat to the boiling point, lower heat, and cook until chicken is done. Add the egg well beaten and cook just 1 minute. Serve at once on small squares of toast.

Meat Chartreuse

February 1929

2 c. cooked ground beef
1 tsp. salt
1/4 tsp. pepper
1/4 tsp. onion juice (optional)
1/4 c. breadcrumbs
1 egg
stock or water
4 c. cooked rice or mashed potatoes
tomato sauce (see recipe for Creole Spaghetti on page 71)
1 tbsp. chopped parsley

Mix ground meat with salt and pepper, onion juice, crumbs, and beaten egg, add enough stock or water to pack easily. Line a thoroughly buttered mold or baking dish with 3 c. of cooked rice

or mashed potatoes, fill center with meat, cover with remainder of rice or potatoes. No meat should show. Cover tightly and steam on a rack over boiling water for 45 minutes. Unmold and serve with tomato sauce. Garnish with parsley.

Hamburg Casserole

February 1935

1 lb. ground beef
1 egg, beaten
1/2 c. breadcrumbs
1/2 tsp. salt
1/4 tsp. pepper
1/4 tsp. poultry seasoning
1/4 c. milk
3 or 4 thinly sliced raw potatoes
2 onions, thinly sliced
1/4 c. milk

Mix meat, egg, crumbs, seasoning, and milk thoroughly. Put potatoes in bottom of a baking dish, then cover with meat mixture. Lay onion on top and pour on milk, almost to cover. Bake for 1 hour in a very moderate oven (325˚F to 350˚F).

—Mrs. J.B.R., New Jersey

Beef Blankets

February 1935

2 lbs. round steak, thinly sliced
4 carrots, peeled
flour, salt, and pepper
2 tbsp. fat
2 mild onions, thinly sliced
1 c. sour cream or milk

Cut meat in 4-inch squares and carrots in 3-inch lengths. If carrots are quite large, split in quarters. Wrap a beef square around each carrot and fasten with a toothpick. Dredge with flour seasoned with salt and pepper. Brown in fat, then remove

to baking dish. Cook onion in fat until soft but not brown. Add sour cream or milk and pour over meat in casserole. Bake in a moderate oven (at 350˚F) covered, 1 hour, then uncover to brown.

Meat Pie

March 1927

Use any left-over cooked meat adding peeled and chopped potatoes, sliced onions, and peeled and chopped carrots, seasoning with left-over gravy (see recipe on page 19), or moistening with plain chicken broth. For the top use the following mixture.

Biscuit:
2 c. flour
5 tsp. baking powder
1/2 tsp. salt
2 tbsp. butter
1 c. milk

Knead into a soft dough and roll out to cover filling in casserole dish. Bake for 25 to 30 minutes (350˚F) until hot and biscuit dough is nicely golden.

September Dinners

By Lola G. Yerkes
September 1927

Something different is suggested in the September menus for the housewife who likes to experiment now and then. It's "chop suey." The name sounds Chinese, but there is a difference of opinion whether it really is a Chinese dish. Folks who have been in China and the Chinese themselves, declare that no such food is served in that country and that it is an American invention.

But whether that is true or not, chop suey is a popular dish when well prepared; it has many nourishing materials in it and is very appetizing.

Chop Suey

1-1/2 to 2 lbs. lean pork shoulder (cut in pieces)

2 large onions

2 c. mushrooms

1 to 2 stalks strong celery

2 tbsp. cornstarch

1 tbsp. sugar

1 c. or more warm water

1/2 c. olive oil, or bacon fat from 2 slices bacon cut fine and fried

1 or more tbsp. Worcestershire sauce

Plain Boiled Rice (see recipe on page 72)

Cut meat, onions, mushrooms, and celery into small pieces. Blend cornstarch and sugar in warm water. Sauté meat in oil or fat until well browned, add vegetables and cook until translucent. Add Worcestershire sauce and cornstarch/sugar mixture to meat and vegetables. Cook at low temperature for about 10 minutes or until thickened. Serve with rice.

Sausage Casserole

April 1929

Cook kraut or use canned kraut. Cook noodles in boiling salted water and drain. Fill baking dish with alternate layers of noodles and kraut. Fry sliced link sausage or patties until half-done to remove excess fat. Place on top. Bake for 30 minutes in a moderate oven (350˚F). [Editor's note: 2 c. kraut, 2 c. cooked noodles, and 1/2 lb. sausage should be sufficient for this dish.]

—*Mrs. Vern E. Wendorf*

Arabian Casserole

June 1927

6 pork chops
1/2 c. uncooked rice, rinsed
1 28-oz can tomatoes
1 small onion, chopped
salt and pepper to taste

Place pork chops in baking dish. Add rice, tomatoes, and chopped onion as you want. Season with salt and pepper and add water to cover. Bake in a moderate oven (350˚F) for 2 hours.

[Editor's note: The farmer's wife of old often cooked meat long beyond what we now consider necessary, or desirable. To adjust this recipe for contemporary palates, brown the pork chops on both sides in oil in a skillet over a high flame, then cover with sauce (omitting water) and bake until just tender, for 20 to 30 minutes.]

Ham and Sour Cream Casserole

1934

2-1/2 c. noodles
3 qts. water
1 tsp. salt
1 small onion, chopped
2 tsp. chopped parsley
3 tbsp. butter
1 lb. cooked ham, cut in small pieces
3 eggs, beaten
1/2 tsp. nutmeg
1/8 tsp. pepper
2 c. sour cream
1 c. breadcrumbs

Boil the noodles until tender in salted water. Drain and set aside. Brown the onion and parsley in the butter. Add the ham and remove from the stove. Beat together the eggs, nutmeg, pepper, and sour cream and add to the ham. Add the drained noodles and mix. Place in a greased baking dish and spread the breadcrumbs on top. Bake uncovered for 30 minutes at 350°F or until set.

Emergency Casserole

February 1933

2 tbsp. butter
1 onion, sliced thin
3 carrots, diced
1 slice bacon, cut into small pieces
2 c. potatoes, diced

breadcrumbs
butter
salt and pepper to taste
water to cover

Place butter in pan, add onion, layer of carrots, layer of bacon, and diced potatoes. Cover all with breadcrumbs dotted with butter, salt, and pepper. Add water to cover the bottom of the pan and cover tightly with foil. Bake for 30 minutes at 350˚F.
Serves 6

—Mrs. J.J.G., North Dakota

Oven Creamed Ham

February 1933

2 c. baked ham, diced
1 small onion, diced
8 medium-sized potatoes, diced
1-1/2 c. cream
1/2 c. grated cheese

Mix first 3 ingredients, place in a casserole. Pour the cream over and sprinkle cheese on top. Bake at 375˚F for 50 or 60 minutes, until hot through and golden.

Minnesota Supper

By Mrs. Walter Gill
February 1939

Veal casserole
Tri-color salad
Corn muffins
Honey
Apple crisps with cream

Veal Casserole

1 lb. veal steak, cubed
1 small onion, chopped

2 tbsp. fat

1 tsp. salt

1 small can mushrooms (or 3/4 c. fresh button mushrooms, wiped clean, stems removed, sliced if large)

1 c. sour cream

1/2 tsp. paprika

1/2 c. hot water

3 c. cooked noodles

buttered bread crumbs (see recipe for Buttered Crumbs on page 19)

Cook meat and onion in fat until onion is soft and meat lightly browned then put in buttered casserole. [Editor's note: If using fresh mushrooms, sauté with meat and onion.] Add other ingredients and top with buttered crumbs. Bake for 1/2 hour in a moderate oven (350˚F).

Veal Cutlets en Casserole

2 lbs. veal
1/4 c. oil
2 tbsp. flour
1/2 tsp. salt
1/4 tsp. pepper
1/4 tsp. paprika
2 to 3 tbsp. water
1 c. sour cream
1 tbsp. onion juice
1 c. chopped mushrooms

Cut veal in 2-inch pieces and brown quickly in hot oil. Place in a casserole. Make a smooth paste of the flour and seasonings, mixed with a little water. Stir in the sour cream. Cook until slightly thickened. Add the onion juice and mushrooms.

Pour sauce over the meat, cover the casserole and bake for 1 hour at 350˚F.

Salmon and Potato Fluff

April 1933

3 c. hot mashed potatoes
2 eggs
1 lb. can salmon, drained and flaked
salt and pepper to taste

Add eggs to hot mashed potatoes and beat together until light. Add salmon and continue beating until fluffy. Add salt and pepper. Pile lightly in greased baking dish and bake in a moderate oven (350˚F) for 1/2 hour.

Salmon and Potato Puff

January 1932

1 lb. can salmon, drained
2 tbsp. butter
2 tbsp. chopped celery (optional)
2 tbsp. chopped parsley (optional)
2 c. seasoned mashed potatoes
1 tsp. salt
1 tsp. minced onion
1 tbsp. lemon juice
few drops Tabasco sauce
3 eggs, separated and beaten

Flake the fish with a fork. Melt the butter and cook the celery and parsley in it for a few minutes. Then combine with the salmon, mashed potatoes, and seasonings. Add the beaten egg yolks and beat the mixture until very light. Fold in the well-beaten egg whites, pile lightly at once into a greased baking dish and bake in a moderate oven (350˚F) for 1 hour, or until set in the center and lightly browned. Serve in dish.

Salmon Sour Cream Casserole

April 1938

2 c. flaked canned salmon, well-drained
1 c. soft breadcrumbs

2 eggs, beaten
1 c. sour cream
1 tsp. salt
1 tbsp. lemon juice
1 tbsp. chopped parsley
dash pepper

Combine all ingredients and pour in a greased casserole. Bake in a moderate oven (350˚F) about 40 minutes.

Salmon a la King

September 1932

1/2 c. mushrooms, sliced
1 small onion, chopped
3 tbsp. butter
3 tbsp. flour
3 c. milk
1 lb. can salmon, drained and flaked with fork
salt and pepper to taste
4 to 6 toast slices

Simmer mushrooms and onion in butter. Add flour and stir well. Add milk and cook until thick, stirring continuously. Add salmon. Season with salt and pepper. Serve on toast.

Escalloped Tuna and Peas

August 1931

2 tbsp. butter
6 tbsp. flour
1 tsp. salt
1/4 tsp. pepper
1/2 tsp. celery salt
3 c. milk
1 c. cooked peas
2 c. canned tuna, drained and flaked with fork
Buttered breadcrumbs to cover (see recipe for Buttered Crumbs on page 19)

Melt the butter, add the flour and seasonings. Blend and add the milk. Cook until thick. Add the rest of the ingredients and when well mixed, pour into a buttered baking dish, cover with buttered breadcrumbs. Bake in a moderate oven (350˚F) for 20 minutes.

—*Mrs. G.R., Michigan*

Baked Oysters and Bacon

February 1935

1-1/2 c. cooked hominy (grits)
1-1/2 dozen oysters, shucked
salt and pepper to taste
4 tbsp. melted butter
4 slices bacon
1/2 c. fine dry breadcrumbs

Alternate layers of cooked hominy in bottom of baking dish and oysters, seasoning with salt, pepper, and melted butter. Top with slices of bacon and sprinkle with breadcrumbs. Bake at 350˚F until bacon is crisp and crumbs brown.

—*Mrs. G.A.C., Louisiana*

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Easy Meals for Busy Housewives

By Mabel K. Ray
January 1933

Meals that are easy to make and are economical both of time and money are of interest to most women. There are several kinds of easy meals: the oven meal, one-dish meal, and those in which the food can be prepared and cooked in a short time.

The advantages of an oven meal are that the foods may be cared for at the same time, few pans need be used, and if one is fortunate enough to have glass or pottery baking dishes, the food may be served from them, thus saving more work. Then, too, in many farm homes the kitchen range is used as part of the heating

system, and would be consuming fuel anyway.

As to the one-dish meals—this means that the main course is well taken care of and that only the addition of dessert and beverage are necessary, and a salad if one desires it.

Oven Meals:

1. Sausage baked with apples, baked potatoes, escalloped green beans, chocolate flavored milk
2. Macaroni loaf, baked squash, cabbage salad, baked apple, beverage
3. Omelet, onions baked in tomato sauce, baked potato, custard
4. Roast pork, browned potatoes and carrots, stuffed date or prune salad, milk
5. Baked noodles with cheese, baked onion, raw carrot strips, canned plums
6. Escalloped cabbage, baked sweet potatoes, pickled beets, apple sauce, cookie
7. Squash, cheese soufflé, baked potato, spinach, fruit cup

One-Dish Meals:

1. Chop suey, rice, grapefruit, milk
2. Beef pot roast with vegetables, cherries, cookie
3. Noodle mixup, lettuce salad, caramel pudding
4. Beef stew, cole slaw, beverage
5. Boston baked beans, brown bread, fruit salad, milk
6. Southern rice, vegetable salad, beverage
7. Creole spaghetti, asparagus salad, beverage

Quick Meals:

1. Welsh rarebit, green leafy salad, peaches and whipped cream, beverage
2. Creamed chipped beef on toast, vegetable salad, beverage
3. Creamed eggs on toast with strips of crisp bacon, buttered canned green string beans, tomato juice
4. Scalloped salmon and peas, apple and nut salad,

muffins

5. Cream of potato soup with crisped chipped bacon, carrot and celery salad, beverage
6. Boiled onions with cheese sauce, mashed rutabaga, spinach, broiled bacon, pears and cookie, beverage
7. Stuffed eggplant, buttered carrots, cottage cheese, fruit cup

Meat and Fish

"What meat will we have for dinner? How shall it be prepared? What shall we serve with it? These are questions to be answered daily in nearly every household. But they are not difficult questions since there is a wide choice in kinds and cuts of meat, and enough ways to prepare them to have meat served a different way each of the three hundred and sixty-five days of the year."

—Mabel K. Ray, "Let's Have Meat," *The Farmer's Wife*

Southern Fried Chicken

March 1938

Select a young spring chicken, about 2-1/2 to 3 lbs. Dress and disjoint to prepare for pan. [Editor's note: Wash the chicken pieces in cold water and dry on paper towels.] Chicken should be thoroughly chilled before it is used, several hours or overnight. To prepare for frying, sprinkle the slightly moist chicken with

flour. Put just a few pieces at a time so they do not touch into a skillet containing hot fat fully 1-1/2 inches deep. (In the Country Kitchen we used a full pound of fat in our large skillet and fried only 6 pieces at a time.) Fry gently, turning once. Each piece is crusty brown on all sides which is a characteristic of good southern fried chicken. Drain on paper towels or brown paper. In the south, peanut oil is used for frying; in the north, use lard or vegetable fat. After frying, strain fat into can or jar, where it can be used again and again if it is not overheated during use and if it is carefully strained after each using.

Baked Chicken

1934

Rinse a whole chicken and dry with paper towels. Rub inside with salt. Rub skin with butter, sprinkle with salt and pepper. Place breast-side down on a rack in an open roasting pan. Brown in a hot oven (450˚F) for 10 to 20 minutes then continue roasting at 350˚F, uncovered, until done, basting frequently. This is suitable for a young hen. The bird is done if on piercing a thigh near the breast there is no reddish tinge, or when joints are loose enough to move easily. [Editor's note: To estimate cooking time, figure on 25 minutes per pound of chicken. You can also use a meat thermometer to know when your chicken is cooked: 170˚F for breast meat, 185˚F in the thigh.]

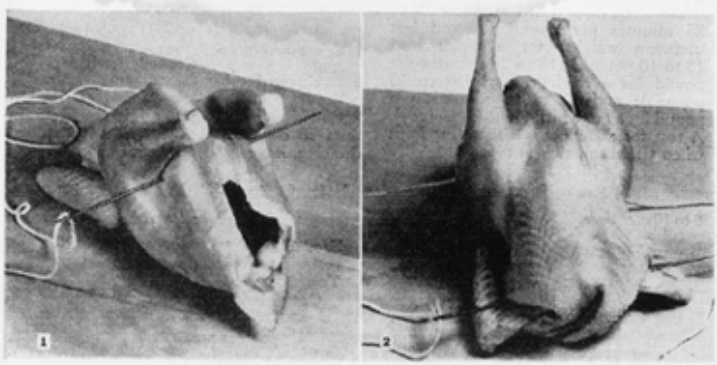
TRUSSING TRICKS

A new method of making poultry ready for roasting

IF YOU market dressed turkey or chicken, you have an advantage if you can say to your customer, "Your bird is ready for the roaster, yet you may still put in your favorite stuffing."

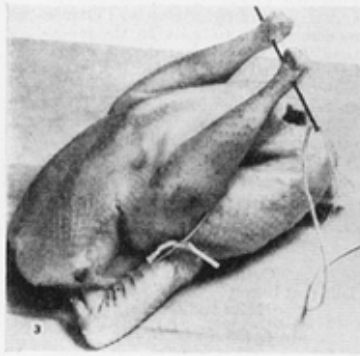
This new method of trussing results in a neat, compact bird, simpler to prepare than by the sewing or lacing method. It was taught to us in the Country Kitchen by Mrs. Katherine Niles of the American Institute of Poultry Industries. Try it on your holiday fowl.

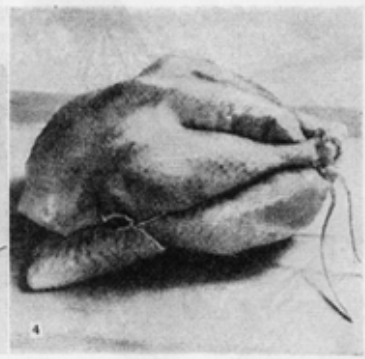
Clean and draw the bird, taking care to keep the vent opening neat and small. Slit the skin of the neck down the *back side*, and remove the neck, clear to the base (Fig. 5). (Cook the neck with the giblets for gravy.) Get ready a long needle and clean cord.



(1) Insert needle through breast at base of thighs. Draw cord through and bring string across the back by

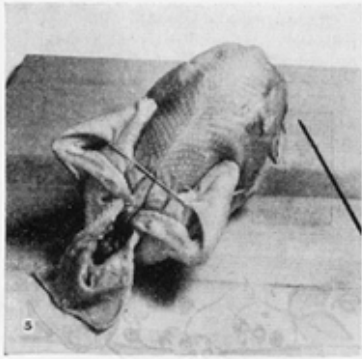
(2) pulling cord through openings formed by folding wings onto the back. (See also Fig. 5.) The needle does not go through the flesh here. Tie cord at one side, making body of bird compact.

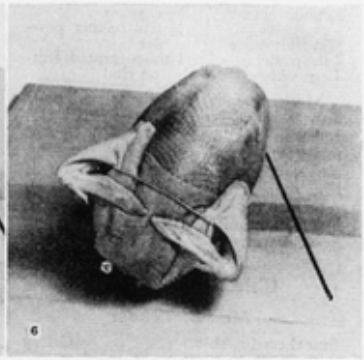




(3) If the bird is used at home, put in part of dressing through vent opening. Then insert needle between two bones at each drumstick joint, and bring cord around the tail.

(4) Tie, so legs fit closely at each side of breast bone and are secure to the tail. This closes the vent opening.





(5) The neck opening offers a place to insert part or all of stuffing, which should be filled in to make breast and neck well rounded.

(6) Fold neck skin under wing tips and string to keep in stuffing and make a neat appearance. Roast according to directions on page 16. Remove cord before sending to the table for carving.

Table Talk

Big Dinners in Hot Weather
By Jesse F. Stewart
August 1914

In these days when help is almost out of the question on the farm, it often happens that the housewife with but a few hours' previous notice, finds herself obliged to get up a dinner for hay hands, harvesters or threshers. And she must do it alone.

One of our favorite dishes for big dinners on the farm was fried chicken—not the kind you are thinking of perhaps, but a much simpler dish. We used two to four old hens, depending on the crowd we were cooking for. If time was limited, we skinned them; otherwise they were scalded and plucked, cut up as for boiling and put on to boil about nine o'clock. At eleven they were done enough for frying.

In the oven we put a big dripping pan, or two small ones, with a generous portion of lard or drippings. When this fat was piping hot we dipped each piece of the boiled hen in flour and placed it in the pan till all was in.

When the pan was put in the oven to fry till the chicken was brown on one side, it was then turned over and a big batch of baking powder biscuits laid on top to bake. When the biscuits were brown on top, a gravy, made by stirring three tablespoons of flour in the boiling liquid, was poured over the pan and allowed to boil up for three minutes.

If you have timed your work correctly you will pour the gravy over just as the men are coming to the house to wash. The chicken is heaped on large platters and the biscuits arranged about the edge. The gravy may need a bit of milk to thin. It is served in separate bowls.

With the chicken and gravy are served huge dishes of mashed potato, one of the easiest dishes to prepare, as it can be made ready after the chicken is on to cook.

As an extra vegetable we generally had a large dish of sliced tomatoes, lots of them; sliced cucumbers with vinegar, or stewed tomatoes, all of which are easier to prepare in a hurry than string beans, corn, peas, and so forth.

Sometimes we served the chicken simply boiled with noodles or dumpling and thus having the oven free served baked beans as a second vegetable since they need very little attention once they are in the oven.

With the fried chicken we served a chocolate pudding, or any simple boiled pudding which takes but a few minutes' preparation on top of the stove. It is

served with sweetened cream flavored with vanilla or lemon. With the boiled meat we served a peach or berry cobbler, using canned fruit to save on time. Sometimes we varied this with an applesauce pudding. A huge pan of this pudding may be prepared in the time it takes to make one pie.

Fricasseed Chicken

August 1927

Cut up a 4 lb. chicken [Editor's note: or use 4 lbs. of chicken pieces], season with salt and pepper, dredge each piece with flour and sear in hot fat. When brown, cover with hot water and cook at a low temperature until done. When tender, remove the chicken and make a gravy (recipe below) to serve with it.

Gravy:
Boil down liquid in pan, add 1/4 c. white wine, if desired, season with salt and pepper and finish with 1 tbsp. butter.

Chicken Salad

April 1929

3 c. cold, left-over chicken, cubed
1-1/2 c. chopped celery
1 tsp. salt
2 hard cooked eggs
1/2 to 3/4 c. mayonnaise
crisp lettuce or sandwich bread

Combine chicken, celery, and salt. Cut up egg, saving 3 or 4 perfect slices for a garnish. Add egg to other ingredients and mix well with mayonnaise. Serve on crisp lettuce if available, or as a sandwich filling.

New York Supper

By Mrs. Wm. Rauber
August 1927

Chicken muffins with gravy
Mixed vegetable salad
Fresh fried potatoes
Jellied fruit pie

Chicken Muffins

2 tbsp. chopped celery
2 tbsp. chopped onion
4 tbsp. chicken fat or other fat
2 c. chopped chicken
2 eggs
1 c. milk
3 c. sifted flour
3 tsp. baking powder
Chicken gravy:
4 tbsp. melted butter
4 tbsp. flour
2 c. hot chicken broth
salt and pepper to taste

Cook celery and onion in fat until soft. Add chicken and cook until it loses its pink color. Beat eggs, add milk, then sifted dry ingredients; stir to incorporate then add chicken mixture. Stir just until mixed, drop by spoonfuls in greased muffin tins. Bake for 20 minutes in a hot oven (450˚F). Break open and serve with hot chicken gravy:

To 4 tbsp. melted butter add 4 tbsp. flour, stir to mix, then add 2 c. hot chicken broth and cook until thickened. Season with salt and pepper and serve.

"Meat Makes the Meal"

Says Florence Plondike, Country Kitchen Guest, to Miriam J. Williams

September 1937

A tantalizing aroma floated out from the Country

Kitchen on the days Miss Florence Plondike of the National Livestock and Meat Board was our guest. For there were a huge standing rib roast, plump and juicy, yet full of a mouth-watering brownness when it finally came from the oven; a savory stew of fork-tender cubes of meat and succulent vegetables; man-sized pork chops of a delicious tenderness; and a magnificent crown roast of frankfurters, bursting with a tasty potato dressing. It was all enough to make one's mouth water.

Miss Plondike, who came to give *The Farmer's Wife* magazine readers new ideas in meat selection and cookery, has had a full experience with meat-hungry appetites. Brought up on a 400-acre Wisconsin farm near the Illinois line, she was accustomed to her mother's generous style of cooking. They butchered much of their own meat, so there was usually a supply of fresh meat along with the canned. Their ice box at home was a huge affair, holding three cakes of ice, and their pantry looked like a grocery store.

The Plondike kitchen was a busy one. Even in high school days, daughter Florence cooked with an experienced hand. "Come summer," she said, "I walked into the kitchen and mother went out the back door, to her garden, her White Rocks and bronze turkeys. One summer I earned $200 for college, besides clothes money, by serving meals to road workers. The table was set up for twelve all summer and this meant a big breakfast, a packed lunch, and a hearty supper. And,"

she added, “to these men, it was meat which made the meal.”

Meat Balls

March 1927

Put 1 qt. canned crushed tomatoes on the stove to heat, season to taste with salt and pepper, then drop in meat balls made as follows:

Mix 1 lb. sausage, pork, or beef with a large grated onion and 3 slices of dry bread which has been run through a meat chopper [or blender or food processor]. Form into balls about the size of walnuts and drop into the tomatoes. Boil for about 20 minutes.

Swedish Meat Balls

December 1937

1 lb. ground beef
1 lb. ground pork
1 large onion, grated
2 c. breadcrumbs
1 pt. milk (maybe less)
2 tsp. salt
1/4 tsp. allspice
1/2 tsp. ground cloves
fat, part each butter and bacon fat

Gravy (to be added to the skillet after the meat balls are cooked):

1 tbsp. flour
1 c. hot water
salt and pepper to taste

The secret of these delicious meat balls is in using good meat, as ground steak or shoulder, grinding the onion fine and then working all ingredients together with the hand, big spoon, or electric mixer very thoroughly. The more milk worked in, the softer are the meat balls. Form into small balls—about 40 from this recipe. Brown in skillet in hot fat, part each of butter and bacon fat is good. Remove to casserole or kettle and pour over gravy made by adding flour, hot water, and seasonings to the pan fat. Cover and simmer or bake slowly (250˚F) about 1 hour.

Missouri Dinner for Hungry Men

July 1938

Surprise meat loaf
Mashed potatoes
Hot cabbage slaw
Sliced cucumber and green pepper rings around cottage cheese
Scalloped corn or baked beans
Brown and white bread
Jelly
Blackberry pie
Coffee

Surprise Meat Loaf

1-1/2 lb. ground beef
1-1/2 lb. ground pork
1 tbsp. salt
1 tsp. pepper
1/2 c. milk
2 eggs
1 onion, chopped
1/2 c. butter and meat drippings

6 c. soft breadcrumbs

1 tsp. sage

salt and pepper

1/2 c. meat stock or water

1/2 c. tomato catsup

Mix meat, salt, pepper, milk, and eggs thoroughly. Pat into an oblong about 10 inches x 15 inches on a piece of waxed paper. Make a dressing by cooking onion in fat until soft, adding crumbs, seasonings, and stock or water. Spread over meat, patting down firmly. Roll up lengthwise and seal ends, shaping into an oval loaf. Brush top with tomato catsup. Place on a rack in a baking pan and bake uncovered, 1-1/2 hours in a moderate oven (350˚F).

Meat Loaf

April 1930

2 strips bacon or salt pork
2 lbs. ground beef
5/8 c. tapioca, uncooked
2 c. canned tomatoes
1/2 small onion, chopped
2-1/2 tsp. salt
1/4 tsp. pepper

Dice bacon or salt pork, fry out fat and add both bacon and dripping to the remaining ingredients. Mix thoroughly and bake in a loaf pan in a moderate oven (350˚F) for 45 to 60 minutes. Serve hot or cold with a garnish of small onions, radishes, and parsley.

Barbecued Beef on Toast Buns

October 1938

3 lbs. ground lean beef
1/3 c. fat
2 c. diced green tomatoes
1/4 c. finely chopped onion
1/4 c. finely chopped celery
1 tbsp. salt
buns
butter

Cook ground beef in hot fat until lightly browned. Add vegetables and seasoning. Let simmer until well-cooked and slightly thick. Split buns, toast and butter. Spread with hot mixture and serve.

One-Dish Dinners

By Anna Coyle
March 1922

"The dinner was good, but oh, my! Poor Mrs. Jones spent the entire forenoon in the kitchen!" said one neighbor to the other on their way home after a meal at Mrs. Jones's. "And it required so much serving that she could not even sit down and enjoy it with us," responded the other.

They had had roast beef, fried ham, sweet potatoes and Irish potatoes, home-canned beans, mashed turnips, sweet, sour and chopped pickles, raspberry jam, apple jelly, hot rolls, raisin bread, and then pie, cookies, and cake. We have all served such a meal at one time and thought it was really necessary. However, the war and

other things have taught us simpler ways.

A one-dish dinner consists usually of the main dish of meat and the accompanying vegetables, which may or may not be cooked in the same kettle or roasting pan, all served on a large platter. The pressure cooker and fireless cooker have been a wonderful boon to the easy preparation of such meals. The meat occupies the center of the platter when served and is surrounded with a border of vegetables, grouped to show the contrast in color, the bright yellow of carrots next to the lighter cabbage, turnips, or potatoes; the green of string beans or peas also contrasting with the lighter colored vegetables.

Planked steak is a delicious one-dish meal. It is cooked on the board, and then surrounded with a nest of mashed potato pressed through a pastry tube and slipped into the oven for a delicate browning. Asparagus tips, peas, or other vegetables are grouped at each end or form borders within the potato border. Homemade planks may either be cut from inch-thick hard-wood board, either maple or oak, in oval or round shape to fit a large platter. The plank is then placed on the platter to bring to the table.

To serve such a meal the platter and hot plates are placed before the person who is to serve them and each plate is helped, thus simplifying serving. It also reduces dish washing as fewer dishes are required. A relish, dessert, and beverage complete the meal.

Roast Beef Supreme

September 1937

Select 2 or 3 standing rib roasts. Wipe with a damp cloth and rub with salt and pepper. Place the roast in a dripping pan with the fat side up. Do not cover the roast and do not add any water. Place the meat in a slow oven (300˚F) and roast to the desired degree of doneness. A meat thermometer will register 140˚F for a rare roast, 160˚F for a medium roast, and 170˚F for a well-done roast. Allow 18 to 20 minutes to the pound for cooking a rare roast, 22 to 25 minutes to the pound for medium, and 27 to 30 minutes to the pound for a well-done roast. A 4-lb. roast will serve 6 to 8 people.

Pot Roast and Noodles

June 1930

Use the large pieces such as the ribs. Melt a little fat in a kettle and brown the meat well on all sides. Add water to cover and cook until tender. In the meantime, cook broad noodles until tender in boiling, salted water. Drain and add a little liquid—about 1/2 c.—from the cooked meat. Simmer until the noodles have become well flavored with the meat juices. Serve in a border around the meat.

Roast Pork and Apples

October 1922

Surround 4-lb. pork loin in a baking pan with 4 pared, cored

apples and bake at 350˚F for 1-3/4 to 2 hours, until meat thermometer reads 160˚F. Serve on platter with pork in center surrounded with border of baked apples.

Missouri Favorite Dinner

By Mrs. Cleve Butler
February 1939

Barbecued ribs
Baked potatoes
Buttered carrots
Red cabbage slaw
Rolls
Butter
Quick mincemeat turnovers

Barbecued Ribs

4 lbs. spareribs
1 onion, chopped
2 tbsp. fat or butter
1/4 c. vinegar
dash cayenne
2 tbsp. Worcestershire sauce
2 tbsp. brown sugar
1 tbsp. celery salt
1/2 tbsp. ground mustard
1 c. tomato catsup
1 c. water

Trim spareribs free of excess fat. Put in roaster and put in a moderate oven (350˚F). Cover and bake while fixing sauce by cooking onion in butter until soft and then adding remaining ingredients. Before pouring sauce over ribs, drain off excess fat from ribs. Bake meat uncovered, basting with sauce frequently, for 1-1/2 hours or until meat is very tender.

A Day in Kentucky

By Mrs. Will Mobley
October 1938

Honeydew melon
Waffles
Honey
Crisp bacon
Coffee

Breaded pork chops
Glazed sweet potato halves with pineapple or apple rings
French fried okra or eggplant
Relish plate of flowerets of raw cauliflower, carrot and celery strips
Cupcakes filled with ice cream
Coffee

Boston baked beans and brown bread
Sliced raw onion rings
Pickles
Chili sauce
Fresh fruit dessert
Hot chocolate

Breaded Pork Chops

1 or 2 eggs
3 or 4 tbsp. milk
6 chops, 3/4 to 1 inch thick
1 tsp. salt
1 c. fine dry breadcrumbs
2 tbsp. fat
1/3 c. water or tomato juice

Beat eggs slightly, add milk. Dip chops in salted crumbs, then in egg and milk mixture, and again in crumbs. Let

stand in a cool place half an hour or until coating is set. Heat fat in a skillet which has a tight-fitting lid. Brown chops in it, with a moderate heat. Add liquid, cover closely, and cook very slowly on top of stove or in a moderate oven (350˚F) for 45 minutes to 1 hour.

For Hearty Appetites

October 1938

Butterfly pork chops
Au gratin potatoes
Corn on the cob
New cabbage and carrot salad with raisins
Buns
Jelly
Pickles
Peach cobbler with cream

Butterfly Pork Chops

(For very hungry people)

Have the butcher cut double rib chops and remove the bone. Flatten out to make large oval chops, each one weighing 1/2 lb. or over. Mix fine dry bread or cracker crumbs with salt and pepper. Roll chops first in crumbs then in egg (1 egg beaten with 2 tbsp. milk), and again in crumbs. Place in refrigerator or cool place for half an hour to set the coating. Brown on both sides in hot lard or drippings. Add 1/4 c. water, cover the skillet or Dutch oven tightly, and reduce heat. Cook very slowly on top of stove or in a moderate oven (350˚F) for 45 minutes to an hour.

—Mrs. M.L.C., Kansas

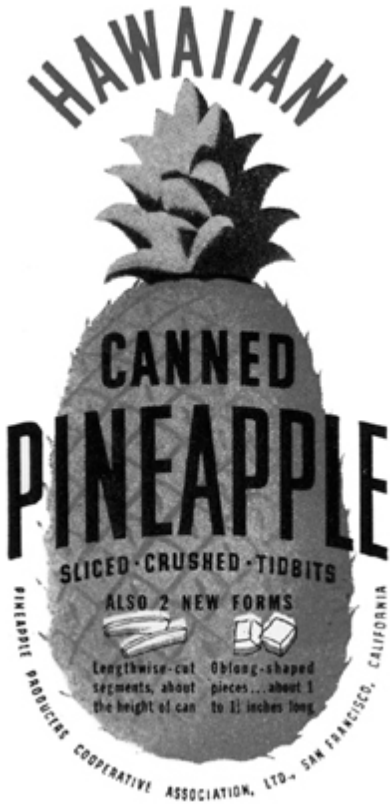
Baked Ham with Pineapple

December 1927

1 slice ham, 1-1/2 inches thick

6 slices pineapple, juice reserved

Wipe ham and place in a small roaster. Arrange slices of pineapple on top of ham. Add the juice from the can of pineapple and more water to just come 1/2 way up on meat. Bake in a hot oven (425˚F) at first. Then more slowly (350˚F) until ham is tender.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Lengthwise-cut segments, about the height of can
Oblong-shaped pieces...about 1 to 1½ inches long
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Curry of Lamb

November 1932

1-1/2 c. chopped celery and tops
1 medium onion, chopped
3 tbsp. butter
3 c. chopped lean lamb
3/4 c. meat broth

1/8 tsp. curry powder
3 dashes Tabasco sauce
salt to taste
1/2 c. boiling water, optional
plain boiled rice (see recipe on page 72)
parsley to garnish

Brown celery and onion in butter. Add the meat, broth, and seasonings. Stir until well mixed and hot. If too dry add 1/2 cup boiling water. Serve the lamb with a border of boiled rice, garnished with parsley.

—U.S. Dept. of Agriculture

Veal Loaf

April 1935

3 lb. veal, ground
3 eggs, beaten
2 tbsp. butter or bacon fat
1 c. rolled oats
2 tsp. salt
1/2 tsp. pepper
1/2 c. sweet milk
a little dried sage or 1/8 tsp. allspice
bacon to cover

Combine ingredients and shape in loaf. Cover top with strips of bacon or salt pork. Bake for 2 to 2-1/2 hours in a moderate oven (350˚F). *The Farmer's Wife* editor's note: 1/2 c. chopped parsley, celery, or other edible green leaves may be added.

—M.B.M., Missouri

The Fishing Fleet Is In

By Edith M. Barber
March 1937

I saw a ship a sailing—not one ship but a hundred with

sails of blue, purple, gold, and crimson as the fishing fleet sailed into that Brittany harbor and anchored on the deep blue water sparkling in the sunlight. A memory picture not to be forgotten!

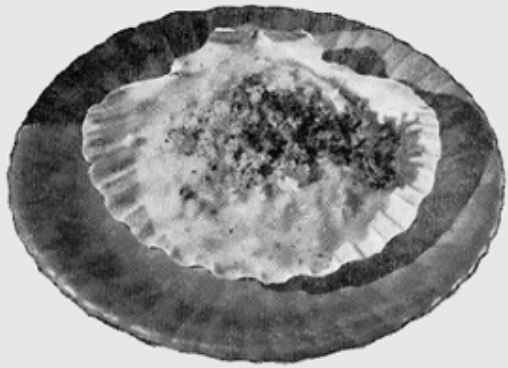
As clear in my mind is the sunrise seen from the cliffs of a rocky Maine island, the water of the bay iridescent as the fishing boats steamed out of the harbor and the smaller boats putt-putted from one anchored net to another. At the dock later in the day they unloaded their silvery cargoes. Sometimes a fortunate crew would run into the harbor dragging in the water at the stern of their boat a huge tuna, weighing five to six hundred pounds. Down to the docks we would go to choose our fish for dinner, hoping, perhaps, for salmon or sword fish, but quite content with the fine fresh mackerel, haddock, or hake or whatever the haul might bring. Sometimes we would choose a steak of tuna which the fishermen consider more like veal or pork in flavor than like the usual fish.

But those were vacation days. Through most of the year we select our fish for dinner in less picturesque surroundings. We have, however, an even greater

variety at our service in these days when the ocean figuratively overflows the land. Fast trains carry ocean fish, packed in ice, to markets far from the coast. Far larger quantities of fish, frozen as soon as they reach the docks, are sent to markets throughout the country. To add to the variety we have, of course, salted and smoked fish and half a dozen kinds in canned form, practically ready for the table.

Most of the fish is boned and cut into fillets in order to avoid shipping extra weight. The fillets are packed in cartons which are then "frosted" at a temperature far below zero, or are frozen first and wrapped in moisture-proof paper, or packed in layers which are separated from each other by paper. Haddock steaks, hake and cod fillets, and a fish which is variously known as rose, bream, or red perch are shipped in large quantities from the East coast. From the South comes the grouper both in steaks and fillets. Fresh water fish from the Great Lakes are also to be found in certain markets. As fish in fillet or steak form is practically solid meat, one pound will provide four good servings.

Fish purchased in its frozen form should be allowed to thaw before it is cooked. This may be done slowly in the refrigerator. When it comes to cooking fish of almost any type, you will find that a good general rule to follow is to use a high temperature and a short time, a hot oven for baking and a hot fat for frying!



Even when fresh fish of good quality is available at a reasonable price, salted and smoked fish deserve a place on the table. Fishermen themselves often make use of one or the other on a fishing trip. A dish called “Scootin’ along the shore” gets its name from its use on these occasions. And what could be better than creamed codfish with mealy baked potatoes unless it is fluffy codfish balls? These with crisp bacon are almost invariably served for Sunday breakfast in New England. When used as a luncheon dish during the week in some parts of New England an egg sauce is often served as an accompaniment. And then there is salt mackerel baked in milk. This is a favorite Sunday breakfast dish in Pennsylvania. To be perfect, there should be fresh bread and butter with it.

For luncheon and supper dishes we find canned fish particularly useful. The oldest and best known product of this sort is furnished by the salmon canneries on the West Coast where the salmon practically leap from the rivers into the cans. For a cold supper dish nothing is better than chilled salmon surrounded by sliced cucumbers, dressed with sour cream. There are as well savory hot dishes for which salmon forms the base. Delicious white tuna fish is also supplied by the West Coast while the waters of the Pacific provide crabmeat with its firm flesh and sweet flavor. Southern waters give us shrimp with their individual form, color and flavor and which like crabmeat and lobster meat from the Atlantic waters are so suitable for cocktails and salads as well as for hot dishes. The fact that any one of the several varieties of canned fish can be almost substituted for each other in almost any recipe will allow you to make many variations.

And then there are oysters which are perhaps in a class by themselves. The fame of the American oysters began with the settlement of the East Coast. Modern methods of packaging and shipping have made them more popular than ever in inland regions. From September to May they are harvested from the oyster farms adjoining the shores of the Atlantic. While some

are shipped in their shells, most of them are shelled and packed in sterilized cans or in smaller paper cartons, sealed with paraffin. Well iced, of course, they even travel as far as the West Coast. Oysters demand a short cooking whether they are to meet their end in a stew, in a fry, or in any other special dish. Whether oysters are served in their raw or cooked form, there is nothing better in the opinion of epicures than our native oysters.

Whichever kind of sea food it is that you find available in your home market, there are delicious ways to prepare and serve it. Be a bit venturesome and try fresh or frozen fillets.

Salmon Loaf

November 1931

1 can salmon, drained
1/4 c. milk
3/4 c. soft breadcrumbs
2 eggs, separated
salt and pepper to taste
juice of 1/2 lemon

2 tbsp. melted butter

Turn the salmon from the can. Heat the milk and stir in the breadcrumbs to make a paste. Then add this to the salmon with the egg yolks, seasonings, lemon juice, and butter. Beat the egg whites stiff and fold into other mixture. Transfer to well-oiled baking dish and bake in a hot oven (400˚F) for 35 minutes. Serve hot or cold.

Codfish Balls with Egg Sauce

March 1937

4 or 5 medium size potatoes
1 c. salt cod
1 tbsp. butter
pepper to taste
1 egg

Pare and slice potatoes. Put cod in a strainer and rinse with boiling water. Cook cod and potatoes in boiling water until potatoes are tender. Drain, mash, and beat until very smooth. Add butter, pepper, and egg. Drop by teaspoonfuls into very hot fat, 385˚F, and cook until light brown. Drain on soft paper. Serve with egg sauce (recipe below).

Egg Sauce:
2 tbsp. butter
2 tbsp. flour
1/2 tsp. salt
pepper and nutmeg to taste
1 tbsp. lemon juice
1 c. milk
2 hard cooked eggs, sliced

Melt butter, stir in flour, seasonings, and lemon juice and blend well. Stir in milk slowly and cook over low fire, stirring constantly until smooth and thick. Add eggs and heat.

Fish Cakes

March 1937

6 potatoes, peeled
2 c. salt fish, cooked and chopped fine
2 tbsp. butter
4 tbsp. milk
1 egg
pepper to taste

Boil potatoes until tender, drain and mash together with the fish until very light and fine. Add the butter, milk, egg, and pepper to taste. Drop by spoonfuls into hot fat and fry brown.

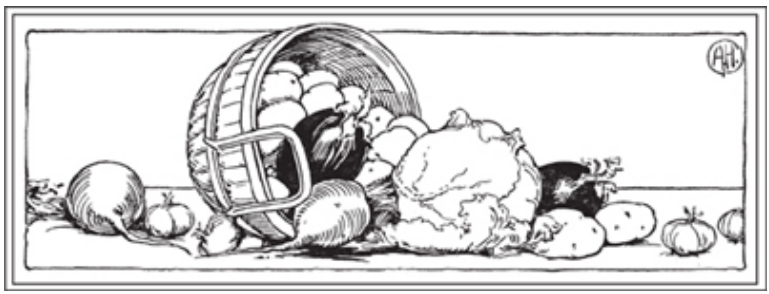
Kippered Herring with Cream

March 1937

2 onions, sliced, plus onion slices for garnish
3 tbsp. butter
2 3-oz. cans kippered herring
1/2 c. thin cream
sprinkle of paprika

Fry onion in butter until light brown, then remove from the pan. Drain the herring and fry lightly on both sides in the same pan. Add cream, heat well. Serve garnished with onion and dash of paprika.

Vegetables



"Vegetables offer one of the best ways to make meals attractive. They add color, contrast in texture and flavor, and much in food value. Without regular use of a wide variety of vegetables, meals lack both interest and proper protection."

—*The Farmer's Wife*

Cabbage

Hot Cabbage Slaw I

September 1934

2 tbsp. sugar
1 tsp. flour
1/4 tsp. salt
1/4 tsp. powdered mustard
1 egg
1/2 c. sour cream
1/4 c. vinegar
1 qt. shredded cabbage cooked 5 minutes in salted boiling water and drained

Mix dry ingredients in saucepan; add egg; beat together; add sour cream and vinegar. Bring to boil, stirring constantly. Boil about 2 minutes, remove from fire and pour over cooked cabbage. Let

stand in a warm place a few minutes to absorb flavor of sauce. Serve hot.

Hot Cabbage Slaw II

January 1929

1 medium head cabbage
2 tbsp. sugar
1 tbsp. flour
1 egg, beaten
1/3 c. vinegar
1 tsp. celery seed
1 tbsp. butter

Shred cabbage and cook in boiling salted water for 10 minutes. Drain. Mix sugar and flour, add with other ingredients to cabbage. Heat through.

Hot Creamed Slaw

March 1910

This is an old fashioned dish and much liked.

With a sharp knife shred finely a small but solid head of sweet, white cabbage. Put in granite pan, cover with cold water, salted to taste, and boil for 30 minutes, or until tender. Add butter the size of a walnut and one half teacupful [1/2 cup, or 4 oz.] good sour vinegar. Make a thickening of a rounding tablespoon of flour and a half teacupful of sweet cream. Pour over the cabbage and allow it to boil before dishing for the table.

Menus for April from Our Readers

April 1939

Spring Tonic

Plant a few extra rows of green things in the garden and put in a package of new giant ruffled sweet-peas. Shorten your skirt, buy a new bonnet for yourself this

year. Do away with the scrim curtains and leave just the drapes at the sides of clean, shiny windows. Serve a big spring salad, cook up a bowl of pink rhubarb sauce, make a sponge cake and creamy cottage cheese. Plan an extra-good Easter dinner; bake a pan of fresh cinnamon buns for the boys who are seeding the west 40.

Cabbages May Be Kings

By Inez Searles Wilson
January 1929

"Cabbages and kings"—of course, and why not? There are so many delicious ways to prepare the lowly cabbage that it may be lifted far above the humble plane which it occupies in the minds of many.

Carrots

Glazed Carrots

January 1931

Boil 1 lb. peeled carrots till just tender—10 to 15 minutes—drain

and cut lengthwise in halves or in quarters if large. Place in a single layer in a baking dish. Over them pour a syrup of 1/2 c. cider boiled with 1/2 c. maple sugar (or brown sugar) until thickened. Bake at 350˚F until brown, basting occasionally with the liquid. Serve in the syrup.

Scalloped Carrots

May 1933

10 medium carrots, peeled and chopped
1 c. milk
1 c. breadcrumbs
1 onion, diced
3 eggs, beaten
1/4 c. butter
salt to taste
pepper to taste

Cook carrots in boiling salted water for 7 to 10 minutes, until just tender. Drain, mash, and add milk and rest of ingredients. Bake in greased casserole at 350˚F until brown on top, or about 30 minutes.

—Mrs. P.F. McD., North Dakota

Lemon Carrots

October 1911

Pare 1/2 lb. medium-sized carrots, chop into small squares and cook in salted water until tender, about 10 minutes. Remove from the fire and drain. In a saucepan put 1 tbsp. butter, the juice of a lemon, 1 tbsp. sugar, a little paprika, and a little minced parsley. When the butter has melted, add the carrots and keep hot over a moderate fire until ready to serve.

—L.M. Thornton

By
ZOE
WOLCOTT

Cut your carrots lengthwise for cooking and less of their valuable mineral contents will be boiled out into the water

Consider *the* Carrot

THE carrot deserves a larger place in our diet than we have given it. For many years it has been in bondage to the soup pot and the stew kettle, but it will fit in combinations in a variety of dishes, ranging from appetizer to confection. It may be served cooked or raw, hot or cold, and to old and young alike, and its bright yellow gives a touch of color to the table and lends itself to the harmony of a color scheme.

When our grandmothers were little girls they were advised to eat raw carrots for the complexion, and such advice has been justified by scientific investigation. The carrot is a valuable source of Vitamins A, B, and C, as well as the mineral salts so essential to bodily welfare.

For greater variety in ways of serving them, the following recipes may prove suggestive.

and let stand in boiling water until the water cools. Remove and place them in a frying pan with 2 tbsp. of melted butter. Cook gently until well browned, turning them often. Add 1 c. of stock and place in the oven for ½ hour. When tender serve on a hot platter with gravy properly seasoned and strained over them.

Molded Salad

2 level tbsp. gelatine
½ c. cold water
2 c. boiling water
½ c. mild vinegar
2 tbsp. lemon juice
½ c. sugar
1 tsp. salt

Soak gelatine in cold water about 5 minutes and dissolve in boiling water. Add sugar, vinegar, lemon juice and salt. Set aside in a cool place and when it begins to congeal, add either of the following combinations:

(1). 1 c. finely cut cucumber, 1 c. grated raw carrot, and ½ c. finely cut pineapple.

(2). 1 c. shredded cabbage, 1 c. grated raw carrot, and 1 c. finely cut celery.

Carrot Souffle

2 tbsp. shortening
4 tbsp. flour
1 c milk
¼ tsp. salt
Few grains of paprika
1 c. of carrots, boiled and mashed
1 tbsp. minced onion
2 eggs

Make a white sauce of the shortening, flour and milk. Add the carrots and seasonings, then the beaten egg yolks. Beat the egg whites until stiff and fold them into the first mixture. Turn into a buttered baking dish. Set the dish in a pan of hot water and bake in a moderate oven for 30 minutes. Serve at once from the dish in which it was baked.

Carrot Cutlets

1 c. carrots boiled and mashed
2 c. cold boiled rice
1 egg beaten
Salt and paprika
1 tbsp. onion juice
1 tbsp. canned sweet red pepper
1 tbsp. celery salt

Mix the ingredients well. Form into balls and flatten them in the shape of cutlets. Roll them in crumbs, egg, and again in crumbs. Saute. Place a cube of jelly on each cutlet and garnish the dish with parsley.

Glazed Carrots

Boil the carrots and cut lengthwise in halves or in quarters if large. Place in a single layer in a baking dish. Over them pour a syrup of boiled cider, or maple sugar, or brown sugar. Bake until brown, basting occasionally with the liquid. Serve in the syrup.

Braised Carrots

Wash and scrape 6 carrots of medium size, cut them in quarters lengthwise

Rinse molds in cold water and fill with the mixture. Allow salad to congeal in cold place. To serve, unmold on lettuce and garnish with mayonnaise.

Salad Combinations

In each case, mix ingredients, add cooked salad dressing and serve on lettuce.

(1). 2 c. grated raw carrot, 1 c. diced apples, 1 c. diced celery, and ½ c. chopped nut meats.

(2). 2 c. grated raw carrot, 1 c. diced apples, and 1 c. shredded cabbage.

(3). 2 c. grated raw carrot, ¾ c. grated cheese, salt, paprika.

(4). 2 c. grated raw carrot, 1 c. coconut.

(5). 2 c. grated raw carrot, 1 c. raisins.

(6). Grated raw carrot and chopped walnuts in proportion desired.

(7). 1 c. cooked carrots diced, 1 c. cooked peas, 1 c. celery.

(8). Grated raw carrot and grated raw beets may be combined as a salad or used as a garnish for other salads.

Carrot and Apple Pie

1½ c. diced cooked carrots
1 c. diced tart apples
1 c. sugar
½ c. raisins
1 tbsp. vinegar
½ c. water
1 tbsp. butter
Nutmeg and vanilla

Cook the mixture, with the exception of the butter and the seasoning, until it is thick and clear. Add other ingredients and turn into a crust that has been baked. Cover with a meringue and bake in a slow oven for 25 minutes.

(Continued on Page 37)

Normandy Carrots

November 1931

2 c. carrots cut in 2-inch strips
1/4 tbsp. cornstarch
1/2 c. vinegar
1/2 c. sugar
1/4 tsp. salt
2 tbsp. butter

Cook the carrots in boiling salted water until tender, 7 to 10 minutes; remove and drain. Stir the cornstarch into the vinegar, add the sugar and salt, and boil for 5 minutes. Add the butter, stir until melted, and reheat carrots in the mixture.

—Mrs. P.H.S., Minnesota

Carrot and String Bean Casserole

June 1937

1 small onion, minced
1/3 c. butter
3 tbsp. flour
1 tsp. salt
dash pepper
2-1/2 c. milk
1 c. grated cheese
2 eggs
3 c. cooked carrots
3 c. cooked green beans
3/4 c. soft breadcrumbs mixed with 2 tbsp. butter

Cook onion in butter until soft, add flour, seasonings, and milk, and cook until thickened, stirring to keep smooth. Add cheese, stir until melted then remove and pour over slightly beaten eggs. Arrange sauce, carrots, and green beans in layers in baking dish, top with buttered crumbs. Bake at 350°F until crumbs are brown.

—*N.F., Nebraska*

Carrot Cutlets

January 1933

1 c. carrots, peeled, chopped, boiled, and mashed
2 c. cold cooked rice
salt and paprika
1 tbsp. minced onion
1/2 tsp. celery salt
1 egg, beaten
breadcrumbs
fat for frying

Mix first five ingredients well, form into balls, flatten slightly. Dip in beaten egg, then in breadcrumbs, and sauté in butter in frying pan or fry in deep fat.

Cauliflower

Fried Cauliflower

March 1933

Cook florets from a small head of cauliflower in boiling salted water until tender. Drain. Cool, dip into slightly beaten egg, then fine breadcrumbs seasoned with salt and pepper. Fry in deep fat until golden brown.

Cauliflower Au Gratin

September 1929

1 small cauliflower
5 tbsp. butter, divided
3 tbsp. flour
1 tsp. salt
3/4 c. cream
sprinkle of cayenne
1/3 c. breadcrumbs
1/3 c. grated cheese

Boil cauliflower head in salted water until tender. Break into flowers and place in buttered baking dish. Make a white sauce (see instructions in White Sauce recipe on page 18) from 3 tbsp. of the butter, flour, salt, cream, and cayenne, and pour it over the cauliflower. Melt the rest of the butter and stir into it the breadcrumbs and grated cheese. Sprinkle over top of cauliflower and bake in a moderate oven (350˚F) until brown—20 to 25 minutes.

Finger SALADS

by Ina B. Rowe

WHEN the table is crowded, we like to do away with the individual salad plate, in our family, and have our guests help themselves to this course from one large plate.

We call this a "finger salad" or "finger relish" because we take it from the plate and eat it with our fingers. To prepare this salad we branch out into a whole group of vegetables, some of which are not commonly used raw, but all of which we find delicious without cooking. We follow just one rule in choosing the varieties: that we like to nibble them, raw. of the leaf itself? It seems a pity to muti late such beauty with the chopping knif We like better to break the leaves in two inch or smaller lengths, and on each plac a small dab of well-seasoned cottag cheese, or perhaps a bit of peanut butte made tart with boiled dressing (but no so much of either the cheese or the peanu butter that it can not be taken from th plate and eaten with the fingers).

One of our favorite finger relishes i stuffed carrots. We scrape the carrots

Continued on Page 20

This rule lets in turnips, rutabagas, carrots, cabbage, kohlrabi, celery root, cauliflower, peppers, onions, celery, cucumbers, radishes, tomatoes, lettuce and, perhaps others, but it leaves out string beans and members of the potato and squash family, and it admits beets only in small slivers to make a colorful garnish. The vegetables chosen come to the table with perfect propriety without a suggestion of dressing on them, although we may use a firm dressing as an accessory.

Inspiration for this sort of salad came with appreciation of the real beauty of uncooked fresh vegetables. Do you know any flower much more lovely than one of the tender inside leaves of red cabbage, broken to expose a bit of the white stem against the deep purple

PROVED
FARMER'S WIFE
COUNTRY KITCHEN

Top plate: notched cu cumber slice', carro rings with cauliflowe sweet onion rings and garnish of turnip "lilies

Middle: lettuce cornu copias, green peppe and onion rings

Bottom: celery curl stuffed carrots and cau liflower fans

Celery

Celery Au Gratin

February 1931

Boil 1 c. chopped celery until tender. Drain and place in a greased baking dish a layer of cheese cut in small pieces; alternate layers of celery and cheese to top of dish. Cover with white sauce (see recipe on page 18). Cover with buttered breadcrumbs (see recipe for Buttered Crumbs on page 19) and bake in a hot oven (400˚F) until crumbs are brown. Chopped walnuts may be added to sauce.

Baked Celery and Carrots

1934

Cut outside stalks of celery—about 1 lb.—into small pieces; scrape 1 lb. carrots and slice. Combine in a baking dish with soup stock or rich milk to half fill the dish. Season with salt and pepper, cover, and bake in a moderate oven (350˚F) until tender.

Corn

Corn Fritters

March 1933

1-1/2 c. flour
1/2 tsp. salt
1-1/2 tsp. baking powder
3/4 c. milk
1 egg, beaten
1 c. cooked corn kernels
fat for frying

Mix and sift dry ingredients. Add the milk gradually and then the well beaten egg. Stir the corn into batter. Drop by spoonfuls into deep fat. Cook until golden brown. Drain. Serve hot.

Scalloped Corn and Cheese

July 1938

2 c. fresh raw or cooked corn
1/4 c. milk

1 tbsp. diced onion
salt and pepper to taste
1 c. grated cheese
1-1/2 c. soft breadcrumbs
1-1/2 tbsp. softened butter

Combine the corn, milk, and onion and season with salt and pepper. Put half the corn mixture in a baking dish, add half the cheese and half the crumbs, then the remainder of corn and cheese. Cover with the remaining breadcrumbs which have been mixed with the softened butter. Bake in a moderately hot oven (375˚F) until browned, about 15 to 20 minutes.

Corn Pudding

July 1938

2 eggs, slightly beaten
1-1/2 c. raw or cooked corn
1 tsp. salt
1 tsp. sugar
1 c. milk
1 tsp. minced onion
paprika

Add all ingredients to the eggs. Pour into buttered baking dish, set in a pan of hot water and bake in a moderate oven (325˚F) for about 45 minutes or until firm.

This is particularly good as a vegetable with lamb or chicken.

Sweet Corn Delicious

August 1929

8 ears corn
4 tbsp. butter
2 c. milk
1 tsp. salt
1/8 tsp. pepper

Cut corn from cob and place in frying pan with the butter. Cook

for 12 minutes [or less, if you prefer crisper corn], then add the milk, salt, and pepper. Serve as soon as the milk is hot.

Creole Corn

Creole corn is made by alternating layers of 2 c. canned corn, drained, and 1 c. buttered breadcrumbs (see recipe for Buttered Crumbs on page 19). Pour over 2 c. canned tomatoes mixed with salt, pepper, and a little grated onion. Top with buttered crumbs, brown in a hot oven (400˚F).

Baked Squaw Corn

May 1934

Dice 4 slices bacon and fry, adding a slice or 2 of diced onion. Cook until bacon is half done and onion is cooked but not brown. Remove bacon, add 1 large can corn, drained, and 2 eggs, beaten, to bacon fat (2 tbsp.). Pour in baking dish. Crumble bacon over top, then sprinkle with breadcrumbs. Bake in a moderate oven (350˚F) until set and crumbs are brown.
Makes 4 servings

Corn on Toast

August 1913

Take 2 c. canned corn, drained, add 2 c. milk and salt to season, a little pepper. Put this mixture on a slow fire and let simmer for 1 hour. Thicken with 1 tbsp. flour and cook for 5 minutes. Serve on buttered toast.

Corn Is King in August Menus

By Lola G. Yerkes
August 1927

Corn is king in the garden through the latter half of the summer growing season, and well it deserves to be. Whether served on the cob or cut off, whether served alone or cooked with other suitable foods, it is

appetizing, satisfying, wholesome. The first corn of the season, coming to the table steaming hot, tender and delicious, well buttered, is an event well worth waiting for most of a year.

Cucumbers

Foods Fresh from the Vine

By Ruby Price Weeks
August 1938

Do you remember when cucumbers were always soaked in salt water before using? If so, you must recall how that process—*supposed* to remove poison—left them limp, unappetizing and decidedly tasteless! Food habits have changed during the past few years. Today cucumbers of a young and tender age, sliced cross-ways, green skin included, and then put in clear ice water for an hour, are to be found along with carrot strips and thinly sliced raw cauliflower on hors d'oeuvres dishes in homes of the most food-conscious hostesses. . . . The idea that cucumber must not be eaten with milk or cream is wrong. If you serve a sauce made by combining whipped cream, chopped cucumber, vinegar, salt, and pepper with molded salmon, you'll find people asking for seconds. And they will live to tell about it!

Editor's note: *The Farmer's Wife* didn't care much for raw cucumbers. As evidenced by the preceding article, written toward the tail end of the magazine's run, raw cucumbers were thought for many years to be downright toxic and so were soaked, boiled, and, most of all, pickled. The following Table Talk column by Anna Barrows from September 1915 contains examples of typical cucumber recipes the readers of *The Farmer's Wife* were likely to cook up in their kitchens. The recipes may not be refreshing—as most of us think of cool cucumbers these days—but they may be found by some old-fashioned palates to be comforting.

Table Talk

By Anna Barrows
September 1915

Several ways of cooking cucumbers are worth trying once or twice each season. One is to remove the skin, stew them, drain as thoroughly as possible, and mash and prepare with butter, salt, and pepper like summer squash.

Again, after paring, cut them lengthwise and scrape out the large seeds; then cut in strips, cook tender, and serve like asparagus, on toast with butter or with a white sauce. Sections of cucumber two or three inches deep may be hollowed out enough to hold [ground] meat and crumbs, well seasoned, and then baked like stuffed peppers or tomatoes.

Another method is as follows: cut short cucumbers in halves, lengthwise, without taking off the skin. Then fill these little boats with Hamburg steak or veal loaf (see recipe for veal loaf on page 129) and bake for half an hour or more till the meat is cooked; or cooked meat may be used and less time will be required.

Mushrooms

Baked Mushrooms

1934

Wash mushrooms and remove stems. Skin caps if necessary and slice if very large. Sprinkle with flour. Put in baking dish. Add cream to cover, and salt and pepper to season. Cover and bake in a moderate oven (350˚F) for about 30 minutes, uncovering at the last. Serve on toast.

Peas

Creamed Peas

1934

Put 1 package frozen peas on to cook in enough boiling water to a little more than cover them. When tender, drain and return to pot, and add 1 heaping tbsp. butter, and salt and pepper to taste. Then add 1/2 c. cream and let it heat but not boil. If the peas are not very sweet, 1 tsp. sugar, added when cooking, will improve them.

Creamed Peas in Buttered Bun Cases

October 1916

2 tbsp. butter
2 tbsp. flour
1 c. milk
1/2 tsp. of salt
1 pint peas
buns one day old
butter

Make a white sauce from the butter, flour, milk, and salt (see instructions in the White Sauce recipe on page 18). Cook the peas and add to the white sauce. Cut the top off each bun and with a spoon scoop out the inside of the buns leaving a cup shaped

shell.

Butter the inside of each bun and toast in a hot oven until brown, then fill each case with creamed peas and serve.

Fresh Peas, French Style

June 1937

1 qt. shelled peas
2 small onions, whole
1 bunch parsley
lump of butter
1 tsp. salt
outer leaves of lettuce
1/2 c. cream

In a saucepan, put peas, onions, parsley, butter, and salt. Add enough boiling water to cover bottom of saucepan, cover with lettuce leaves, and cook until peas are tender. Remove onions, lettuce, and parsley; add cream to peas and heat until scalding hot.

Potatoes

Oven Fried Potatoes

May 1934

Pare potatoes and cut lengthwise in strips as for French fries. Let stand in cold water for 15 or 20 minutes while oven is getting hot (400˚F). Melt butter or bacon fat in a flat, fairly shallow baking dish, about 1 tbsp. to a potato. Drain potatoes thoroughly, stir in the fat until they are coated, sprinkle with salt and pepper. Bake at 400˚F, allowing up to 45 minutes to brown. Stir once.

Lyonnaise Potatoes

August 1910

I have found this to be a safe guide in the preparation of

Lyonnaise potatoes, and one that has never disappointed me. Allow 1 small onion, chopped fine to every pint of cold, cooked and diced potatoes. If you haven't an onion handy, 2 tbsp. onion juice will take its place. The latter ingredient, by the way, is with me an indispensable article to have always on hand. I would just as soon be without a bottle of vanilla in the house as a bottle of onion juice. Melt some butter in a frying pan, then add the chopped onion and stir until it begins to brown. Then stir in the potatoes and continue to stir until they are thoroughly heated through and of a delicate brown. Add 2 tbsp. butter, 1 tbsp. chopped parsley, and salt and pepper to taste. Serve hot.

Cooking Potatoes

By Mrs. W.C. Palmer
July 1915

To obtain the highest food value in potatoes they should be either boiled or baked in their skins. However, if potatoes are pared before cooking, the least loss is sustained by putting them directly into boiling water. Do not allow pared potatoes to stand in cold water before boiling, as it has been found that this results in a loss of nutrients. If they are old or shriveled, of course soaking improves them. It takes from twenty to thirty minutes to boil potatoes and about an hour to bake medium-sized ones. When a fork passes through the potato easily, it is done. The kettle in which they are cooked should not be used for anything else.

Plain Boiled Potatoes in the Skin

Select potatoes of medium size, wash clean with a vegetable brush, rise in clear water and boil in salted water, sufficient to cover. When done, drain and remove cover, shake kettle a few times, and the potatoes are ready to serve.

Baked Potatoes

Select those with smooth skins, medium size. Scrub well, pierce in center to allow steam to escape, and put to bake on the bottom of a clean, moderately hot

(350˚F) oven. When done (about 45 to 55 minutes), baked potatoes should be served at once.

Stuffed Potatoes

Bake at 350˚F. When done (about 50 minutes for medium potatoes; 1 hour for large) cut in each potato a small opening the size of a teaspoon, scrape out the inside into a mixing bowl, using care not to injure the skins. After all the insides have been removed, mash, add butter, hot sweet milk as for mashed potatoes, and salt and pepper. Beat together till creamy, put back into skins and brush top of opening with butter. Place in oven and when they puff up and are hot through they are ready to serve. After stuffing they may be set away 20 minutes before time to be served and then be reheated.

French Fried

Wash, pare, and remove imperfect parts. Slice very thin and put into a frying pan ready with hot butter or meat drippings, season with salt and pepper. Cover, allow to cook one-half to three-quarters of an hour on a slow fire, stirring often to prevent burning.

Scalloped Potatoes

Select and prepare as for boiling, then dice. Put layer of bread or cracker crumbs in the bottom of a well-buttered baking dish, then a layer of diced potatoes and so on, until the dish is as full as wanted, the last layer being of the crumbs rolled in butter in order to have them brown nicely. Season each layer of potatoes with salt, pepper, and small lumps of butter. Cover with milk and bake at 350˚F for 1 hour. Serve in dish.

Potatoes ARE Good Food

By Jeanette Beyer and Edith Tolle
September 1929

If you are tired of potatoes in the trite forms of fried, baked, or boiled, you will enjoy them in these new designs:

Bacon Stuffed Potatoes

Put 6 large potatoes in the oven, bake (at 350˚F) until done, about 1 hour. Then take out and roll slightly. Cut a slice from side and scoop out inside into a chopping bowl. Chop in small pieces and to this add 8 slices of bacon which have been previously fried and chopped fine. Add 2 tbsp. butter, and salt and pepper. Mix all together and put back in shells of potatoes. Lay in a pan and put in oven until thoroughly heated through—10 to 15 minutes.

Buttered Potatoes

Peel and slice as many potatoes as are desired, place in a kettle with boiling water to cover. Cook slowly for

about 15 minutes until potatoes are soft but not mushy. Drain, add salt and pepper to taste and a generous amount of butter. Serve, garnished with paprika or bits of parsley sprinkled over the top.

Potato Au Gratin

2 c. mashed potatoes

3 tbsp. milk

pepper and salt to taste

1 tsp. butter

3 tbsp. grated cheese

1 c. breadcrumbs

Beat together the above ingredients, except the cheese and crumbs. Strew half the breadcrumbs thickly in a greased baking dish, put in the potato mixture, sprinkle with cheese and remaining breadcrumbs, dot with bits of butter, and bake for about 1/2 an hour in a good oven (400˚F).

Baked Potato Kugel

3 c. grated raw potato

1 medium-sized onion, grated

2 tbsp. flour

salt to taste

1 egg, beaten

2 tbsp. melted butter or chicken fat

1 tsp. baking powder

Mix all ingredients together and bake (at 350˚F) in a slightly greased square cake tin for about 1 hour or until quite brown.

Scalloped Potatoes with Fresh Pork

1/2 lb. fresh boneless pork

6 medium-sized potatoes

2 onions, sliced

2 tbsp. flour

salt and pepper to taste

1 tbsp. butter

1 qt. milk

Trim the fat from the pork, cut in small pieces and put in the bottom of a casserole. Put in a layer of sliced potatoes, a layer of onions and sprinkle with flour, salt and pepper. Dot lightly with butter. Repeat until within about 2 inches of top of dish. Lay pork on top. Sprinkle with salt and pepper and cover all with milk. Cover dish and put in a medium oven (350˚F) and bake for 1 hour. The last 10 minutes, uncover dish to brown the meat.

Baked Potatoes Stuffed with Corn

January 1930

Bake large potatoes at 350˚F. Cut in half lengthwise and carefully scoop potatoes out of shells. Mash potato and season with salt and butter. Salt inside of shell and fill bottom with cooked corn, drained. Replace potato mixture and top with a layer of corn. Place a small square of lean bacon on top or dot with butter and return to oven until brown.

Potato Cheese Sticks

March 1935

2 c. warm mashed potatoes
1/2 c. melted butter
1 c. grated cheddar or Jack cheese
1 c. flour
1 tsp. salt
1 egg yolk
2 tbsp. milk

Mix the first 5 ingredients in order given. Cool. Roll into a rectangular sheet 1/4 inch thick. Cut into strips 4 inches x 1/2 inch. Brush with egg yolk, beaten and thinned with 2 tbsp. milk. Bake for 10 to 15 minutes in a hot oven (450˚F).

—M.R., New York

The Farmer's Wife editor's note: Serve hot with salads, tomato juice, etc. Makes 40 sticks. These are less crisp than pastry cheese straws, but very tasty.

Scalloped Potatoes and Carrots

February 1929

6 potatoes
3 carrots
2 tbsp. flour
2 tbsp. butter
1 tsp. salt
1/8 tsp. pepper
about 1/2 c. milk

Pare potatoes and carrots and cut in thin slices. Cook separately: carrots until tender, potatoes until nearly tender. Drain both. Arrange vegetables in alternate layers. Add some of the flour and butter, salt, and pepper to each layer. Add hot milk to cover. Bake slowly (300˚F) in covered dish about 1/2 hour. Uncover and brown.

Potato Puffs

March 1927

4 c. hot mashed potato
1 tbsp. melted fat
2 tbsp. milk
1 tsp. salt
1/4 tsp. pepper
yolks of 2 eggs
whites of 2 eggs beaten stiff

Mix all but the whites of the eggs in the order given; beat thoroughly, fold in the stiffly beaten whites, pile in a baking dish and cook for 15 to 20 minutes (at 400˚F) until the mixture puffs and is brown on the top.

German Potatoes

March 1927

Boil 2 lbs. potatoes in their jackets, peel and season with salt and pepper. Then pour one cup of sour cream over them. These are fine served with salt pork.

—Mrs. J.L.M., New York

Potato Patties

February 1937

2 c. cold left-over mashed potatoes
2 eggs
1/4 c. flour
1/4 tsp. salt
2 tbsp. milk
1 small onion, minced
1 tbsp. minced parsley

Mix all ingredients, drop with spoon in hot fat in frying pan and flatten. Fry on both sides until brown.

Potato Soufflé

October 1914

To each cupful of left-over mashed potatoes allow 1 tbsp. of melted butter, 1/2 c. milk, and 1 egg. Beat all until very light, turn into a buttered baking dish and bake in a moderate oven (350°F) until a delicate brown crust is formed.

Potatoes Fried in Sour Cream

June 1937

Peel and slice 2 lbs. potatoes quite thin. If onion flavor is a favorite, slice 1 onion very thin. Melt a very little fat in a hot skillet, add potatoes and onion if desired, sprinkling each layer with salt. Pour in thick sour cream to half cover, cover the skillet and cook slowly turning potatoes occasionally with a spatula.

When nearly tender, remove lid and fry until cream is absorbed and potatoes begin to brown.

Cheese Roll

October 1916

2 egg yolks
2 c. mashed potatoes
1 tsp. salt
1/4 lb. grated Parmesan cheese
1 tbsp. parsley cut very fine
milk for brushing over top
breadcrumbs

Beat the egg yolks and add to the mashed potatoes. Add the salt, cheese, and the parsley. Stir in a pan over a low fire until the mixture binds together. Remove from the fire, shape in a roll like a meat loaf, brush with milk, roll in fine breadcrumbs, put in a greased pan and bake about 20 minutes at 350˚F or until smoking hot.

Remove to a hot serving platter and pour around it one cupful of medium white sauce (see recipe on page 18).

Spinach

Spinach Loaf

November 1926

3 c. cooked spinach
2 c. cooked cereal or breadcrumbs
2 eggs
1/2 c. grated cheese
1 tbsp. lemon juice
salt and pepper to taste

Mix all ingredients well and pour into greased baking dish and bake about 25 minutes (350˚F to 400˚F). Serve hot with tomato sauce (recipe below).

Tomato Sauce:

Melt 1 tbsp. butter in a pan, add 1 tbsp. flour and blend. Add 1 c. strained tomatoes and cook until thickened. Season with onion juice or a little scraped onion, cayenne or black pepper, and salt. *Serves 8*

Baked Spinach with Cheese

February 1935

2 tbsp. butter
2 tbsp. flour
1 c. milk
1/2 c. cheese, diced
2 eggs, separated
2 cups chopped cooked spinach
buttered breadcrumbs for topping (see recipe for Buttered Crumbs on page 19)

Make a sauce of butter, flour, milk, and cheese. Stir and cook until thick and smooth. Remove from heat, add egg yolks beaten slightly and spinach. Beat whites and fold into mixture. Put in a baking dish, cover top with buttered crumbs and bake for 30 minutes in a moderate oven (350˚F).

—H.R., Indiana

Baked Creamed Spinach

February 1932

1 lb. spinach, washed well
4 tbsp. butter
salt and pepper to taste
1/2 c. grated cheese
2 eggs slightly beaten
1/2 c. milk
1/2 c. buttered breadcrumbs (see recipe for Buttered Crumbs on page 19)

Cook the spinach without water, drain, chop, and add butter and salt and pepper. Place part of it in a buttered baking dish, sprinkle it with 1/2 of grated cheese, add remaining spinach and cheese. Add beaten eggs to milk and pour over the mixture in the baking dish. Cover top with buttered crumbs and bake in a moderate oven (350˚F) for 20 minutes.

Spinach on Toast

May 1911

Pick over and wash the spinach, drain, then put into a kettle, without water except what adheres to the leaves, set over a moderate fire and let steam and cook till tender. Drain in a colander, chop fine, season with salt, pepper, and butter. Turn out onto slices of hot buttered toast, pour drawn butter over, and serve at once.

Spinach Fritters

June 1912

Boil 1 package frozen spinach until tender, drain and press and chop fine. To each c. add 1/2 c. fine breadcrumbs, a little grated nutmeg, 1 tsp. sugar, 2 tbsp. cream, and 1 egg. Season to taste with salt and pepper. Drop in spoonfuls into hot oil, fry until golden on both sides and when done, drain and serve.

Squash

Editor's note: Any sweet-fleshed winter squash will do for these recipes: butternut, acorn, hubbard, pumpkin, buttercup, kabocha, and so on.

Squash and Apple Casserole

December 1938

In a baking dish, alternate layers of raw squash, peeled and cut in thin slices, and slices of raw tart apple. (Squash may be steamed for a few minutes first to make it easier to peel and slice.) Season each layer with a little brown sugar, a sprinkle of salt and dot with butter. Bake in a hot oven (400˚F), covered, for about 1 hour. Use about 1/3 c. brown sugar and 2 tsp. salt to 2 c. sliced squash and 3 c. sliced apple.

Baked Winter Squash

October 1935

Scrub squash and cut in pieces for service, removing seeds and spongy part. Put in baking pan, skin side down, sprinkle with salt and pepper. Cover and bake for 40 minutes to 1 hour in a moderate oven (350˚F). Uncover, and lay on each piece bits of butter or a thin strip of bacon or a spoonful or two of rich cream. Some like to sprinkle squash lightly with brown sugar or top with a marshmallow for a sweet vegetable dish. Return to oven and bake until lightly browned.

Baked Squash with Bacon

December 1927

squash
salt to taste
2 slices bacon

Cut squash in half length-wise and remove seeds and skins. Cut in semi-circles and sprinkle with salt and cover with squares of bacon. Put in vegetable dish and cover closely. Bake (at 350˚F) until squash is tender. Remove cover until bacon becomes crisp and brown.

String Beans

"The secret of really good string beans, whether you serve them hot or cold, lies in their preparation. Do be sure to slice them in long, very thin slivers instead of breaking them crosswise. The beans look and taste so much better and there is a new cutter on the market for just this purpose."

—*The Farmer's Wife*, May 1936

Escalloped String Beans

February 1931

Cook green beans in lightly salted water until tender. Arrange in greased baking dish a layer of beans, then a layer of white, cheese, or tomato sauce (For white sauce: see White Sauce recipe on page 18; for cheese sauce: see instructions in Tomato Custard with Cheese Sauce recipe on page 167; for tomato sauce: see Creole Spaghetti recipe on page 71). Repeat process until all is used, sauce on top. Cover with buttered crumbs (see recipe on page 19) or cornflakes. Bake in a moderate oven (350˚F) until brown, 15 to 25 minutes, or bake in ramekins or other individual baking dishes for 10 to 15 minutes.

String Beans with Bacon

July 1911

1 qt. well ripened string beans

1/4 lb. bacon, cut in dice
1 pt. boiling water

Remove the strings from beans, cut in 1/8-inch lengths, add the boiling water and bacon and cook very tender, adding more water if necessary. Salt and pepper to taste.

Sweet Potatoes

Mashed Sweet Potatoes

December 1919

Steam pared sweet potatoes until quite soft. Mash and season with salt, pepper, and cream. Whip until light and fluffy, or put through a vegetable ricer.

Carameled Sweet Potatoes

October 1932

1/2 c. butter
1 c. brown sugar
1 lg. can sweet potatoes

1. Melt butter and sugar together in baking pan.
2. Lay sweet potatoes, drained, in this syrup.
3. Place in a hot oven (450˚F); when potatoes are browned on bottom, turn and brown on other side.

Sweet Potato Nut Loaf

February 1931

3 c. sweet potatoes, mashed
1 c. chopped nut meats
1/4 c. fat
1 tsp. salt
1/4 tsp. pepper
3/4 c. dry breadcrumbs
1 beaten egg

Mash potatoes while hot, add to them 2/3 of nut meats, fat, salt, pepper, half of crumbs, and beaten egg. Thoroughly grease the mold and sprinkle thickly with remaining crumbs and nut meats mixed, shaking any that do not adhere to the mold. Turn in the mixture, pack tight. Cover top with remaining crumbs and nuts. Bake for 1/2 hour in a moderate oven (350˚F).

—*A reader from Pennsylvania*

French Fried Sweet Potatoes

March 1933

Cut boiled sweet potatoes lengthwise into narrow strips. Fry until a golden brown in deep fat. Drain, sprinkle with salt. Serve. Larger pieces of boiled sweet potatoes may be dipped in egg and breadcrumbs and fried in deep fat.

Orange Candied Sweet Potatoes

April 1931

6 to 8 sweet potatoes
1 c. orange juice
1/2 tsp. grated orange rind
1 c. water
2/3 c. sugar
1/2 tsp. salt
1/4 c. butter
marshmallows for topping

Peel and slice sweet potatoes and arrange in a baking dish. Combine next 6 ingredients and pour over top of potatoes. Bake covered in a moderate oven (350˚F) until tender, 30 to 40 minutes. Just before serving, cover with a layer of marshmallows. Return to oven a minute or so longer to brown. Serve at once.
Serves 6

Sweet Potato Custard

December 1938

2 c. hot riced (or mashed) sweet potatoes
4 tbsp. butter
1/2 c. sugar
few grains salt
1 tsp. nutmeg
1-1/2 c. milk
4 eggs, separated

Combine ingredients, adding beaten yolks to milk, potatoes, and seasonings, then folding in stiffly beaten egg whites. (If potatoes are not hot, scald the milk.) Pour into buttered baking dish. Bake in a moderate oven (350˚F) for 1 hour or until knife will come out clean.

Sweet Potato Balls

August 1932

3 medium-size sweet potatoes
3 tbsp. milk, warmed
2 tbsp. butter
1 tbsp. brown sugar
1/4 tsp. salt
1 egg, beaten
1/2 c. breadcrumbs

Boil potatoes with skins on until tender. Peel and mash. Add hot milk, butter, sugar, and salt. Whip until well mixed and fluffy. Form into small balls, dip in beaten egg, then crumbs. Bake in a moderate oven (350˚F) for 15 minutes.

Tomatoes

Panned Tomatoes

September 1913

Cut firm but ripe tomatoes in halves. For 4 tomatoes, heat 1 tbsp. butter in frying pan. Dip tomatoes in flour, put cut side down in pan, cover, and cook over a hot fire until browned. Transfer to a

hot dish, sprinkle 1 tbsp. flour in the empty pan, stir, add 1 c. milk; stir until thickened, season with salt and pepper, boil for 1 minute, and pour around tomatoes.

Fried Green Tomatoes

September 1928

Slice firm green tomatoes into half-inch slices. Sprinkle with a little salt and a generous amount of brown sugar. Dip the slices in dry bread or cracker crumbs, patting in as many crumbs as possible. Have ready in a frying pan melted drippings, or melted butter, and lard. Brown the tomato slices well on one side then turn and brown on the other. When browned and tender remove carefully to a serving platter and make a dressing out of the drippings by adding a cupful of milk and thickening it with a scant tbsp. of flour dissolved in a little cold water. Boil to cook the flour, salt to taste and pour around the tomato slices.

Table Talk

Hot Weather Cookery
July 1910

The housewife should try to serve meals that are quickly prepared at this season, so that she will have to stand over a stove as little as possible. But on the other hand, appetites are not so hearty now, so that a change in the regular bill of fare will be welcomed, if not almost necessary to tempt the capricious.

Cream of Lettuce Soup

Tear into small bits one large or two small heads of lettuce, cover with a pint of soup stock, and boil 10 minutes. Cream a tablespoon of butter with the same amount of flour, add to the hot soup and stir until it thickens. Add one cup of milk or cream, heat again, and serve with squares of toasted bread. If something extra is wanted, the soup may be strained just before adding the milk. A little onion or celery may be added if the flavor is liked.

Stewed Cucumbers

Peel the cucumbers after cutting off the bitter end, then cut in quarters lengthwise. Dredge with flour and fry in hot butter. Heat some good brown gravy, it may be warmed over from another meal, put in the fried cucumbers, and stew until tender. A few small button onions may be stewed with the cucumbers.

—Lulu G. Parker

Tomato Salad

Peel and slice one large tomato for each person to be served, put them into a salad bowl and pour over a cupful of mayonnaise dressing to each four tomatoes. Serve ice cold.

Cooking Friend Tomato

By Helena A. Korte

July 1926

To prepare Au Gratin Tomatoes proceed as follows: Choose tomatoes that are full fleshed but not overripe. This dish affords an excellent opportunity for utilizing partly ripened fruit not suitable for salads and fresh eating.

Put the tomatoes into scalding water for three or four minutes then in cold water. Drain at once and peel. Slice rather thin.

Butter a casserole or pudding dish of enamel or granite ware, and cover the bottom with bread or cracker crumbs rolled fine.

Over these put a layer of tomato slices seasoned with salt, pepper, bits of butter, and a slight sprinkling of white sugar.

Repeat the layers of crumbs, tomatoes, seasonings until the dish is nearly full, the last layer to be of crumbs moistened with tomato juice. If juice is lacking, first soak the crumbs in milk or water, then spread rather thickly over the top.

Dot generously with bits of butter, sprinkle with black pepper and a little salt.

Set the dish into a pan of hot water to prevent scorching or drying out and bake in a quick oven (400˚F) from 40 to 50 minutes, keeping the dish covered for the first 20 minutes, then removing the cover and continue baking until the crust is well browned. Serve hot in the same dish.

Tomatoes in Batter

August 1911

Wash and wipe 1 lb. of smooth ripe tomatoes, and cut them in rather thick slices; put them into a buttered baking dish, sprinkle each layer with a little minced parsley, salt, pepper, a pinch of dry mustard, and a few drops of lemon juice or vinegar. Make a thin batter with 1 c. flour, 1 tsp. oil, a pinch of salt, 1 egg well-beaten, and a little water. Pour this over the tomatoes and bake in a moderate oven (350˚F) until nicely browned. Serve in the same dish as soon as done; if an outside dish is not at hand, pin a large, white napkin about it.

Tomato Custard with Cheese Sauce

February 1934

1 28-oz. can tomatoes
2 tbsp. minced onion
1 tsp. salt
1/4 tsp. paprika
1/3 c. fine breadcrumbs
3 eggs slightly beaten

Heat tomatoes, add onion, and put through sieve [or blender or food processor]. Add salt, paprika, breadcrumbs, and eggs. Pour into buttered custard cups and bake in a moderate oven (350°F) until firm. Serve with cheese sauce (recipe below).

Cheese Sauce:

1 tbsp. butter
1 tbsp. flour
1/4 tsp. salt
1/4 tsp. mustard
1 c. scalded milk
1/2 c. grated cheese

Melt butter and blend in flour and seasonings. Add milk and cook until somewhat thick. Add cheese and pour over custards.

—Mrs. M.R., New York

Tomato Pot Pie

February 1931

1 28-oz. can tomatoes
sugar to sweeten (if desired)
rich biscuit dough (see instructions in Meat Pie recipe on page 101)

Put tomatoes seasoned with salt and pepper in baking dish. Top with rich biscuit dough rolled to half an inch thick and bake in a moderate oven (350°F) until dough is golden and baked through.

Curried Tomatoes

September 1929

Sauté thick slices of tomatoes dipped in flour mixed with salt, sugar, and pepper. Remove to rounds of toast on a hot platter. Pour 2 c. of thin cream or top milk into the same frying pan, season to taste with salt and pepper, thicken slightly, add curry powder in proportion liked. Pour around tomatoes, garnish with croutons and parsley, sprinkle with salt, and serve all very hot.

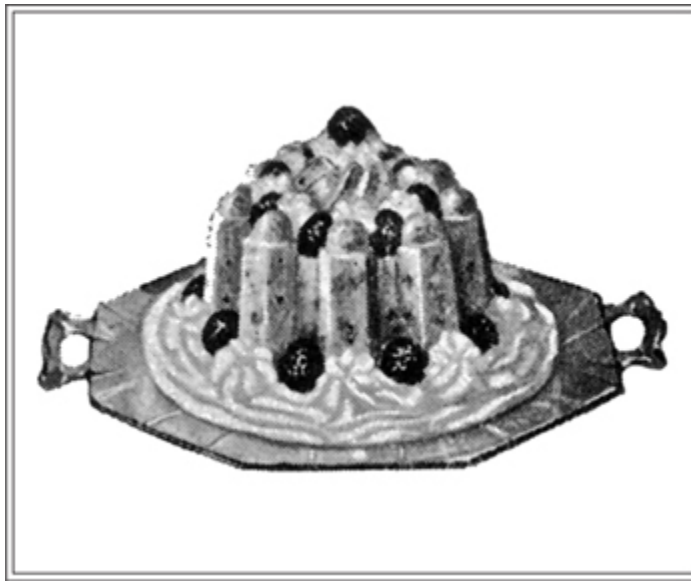
Baked Tomatoes and Onions

February 1929

3 c. canned tomatoes
1 c. sliced onion
1 c. diced celery
salt and pepper to taste
1 c. breadcrumbs
2 tbsp. melted butter

Butter a baking dish and arrange layers of vegetables with the buttered breadcrumbs (see recipe for Buttered Crumbs on page 19), salt and pepper to taste, and bake in a hot oven (400˚F) for 45 to 50 minutes.

Sweets



No lunch, dinner, or supper at the table of the farmer's wife was complete without dessert. Cakes, pies, cookies, puddings, and even homemade ice cream—the farmer's wife excelled at making them all, much to the delight of her family.

Dried Fruit

Dried Fruits to the Rescue

By Bess M. Rowe
January 1928

Are you a victim of those late-winter/early-spring blues that come on when you go to the storeroom and cellar shelves, find them pretty well emptied and wonder what on earth you are going to feed your family the remainder of the winter and spring?

Let dried fruits come to your rescue. They have a place in your food plans and they may be used to give that wanted "tang" to many an otherwise flat and tasteless meal. One reason we haven't always appreciated the possibilities in dried fruits is that we haven't prepared them to bring out their best flavors. They are a bit like the "little girl with the curl" in the Mother Goose rhyme—"When they are good, they are very, very good—but when they are bad, they are horrid." It is the task of the housewife to know how to bring out their best qualities and make them "very, very good."

Stewed Dried Fruits

Wash thoroughly, drain, and remove stems or hard parts. Add cold water (using about 1 qt. of water to 1/2 lb. dried fruit), cover, and let stand overnight. Cook very slowly in the water in which the fruit was soaked, either on top of the stove or in the oven. If necessary, sugar may be added when the fruit is nearly done but often the fruit is sweet enough without extra sugar.

Mother's Raisin Pudding

December 1913

Soak until soft 2 c. whole wheat breadcrumbs in 1 c. milk. Add 1 well-beaten egg, 2 tbsp. honey, and 3 tbsp. ground seedless raisins. Mix together well and bake in a buttered pudding dish in a hot oven (400˚F) for 30 minutes.

Apples

Apple Compote

February 1929

1 stick cinnamon
1 c. sugar
1 c. water
8 tart apples

Allow the sugar and water to boil with the cinnamon for 10 minutes. Peel and core the apples and add to the syrup in a shallow pan. Allow them to simmer until they are almost clear, basting with the syrup from time to time. Lift carefully from the syrup and cook in the oven (350˚F) for 5 minutes. Boil the syrup until it jellies when cool and use this jelly to garnish the apples.

Old-Fashioned Applesauce

October 1938

2-1/2 qts. peeled, sliced apples
3/4 c. water
3/4 c. sugar

Put the apples and the water into a saucepan, cover tightly, and cook rapidly without stirring until they begin to boil. The apples should be cooked to a mush by this time. Add the sugar, and cook for 2 or 3 minutes longer, stirring constantly. More or less water may be used, depending on stiffness desired.

Receipts for the Season's Fruits and Vegetables

By Sarah A. Cooke
September 1914

When the first strong wind starts to blow, the late, half-ripe summer apples begin to fall, and while they're not perfect enough to bake, they may be utilized in a hundred and one different ways in cookery.

Apple sauce, which is rather tart, forms a splendid substitute for pickles, mustard, or other unhealthful condiments when served with meat. As a dessert served with cream, either plain or whipped, in place of pies or puddings, the sauce will always find favor.

Apple and Plum Sauce

September 1914

Pare, core, and cut into quarters 1 qt. apples. Wash, halve and pit 1/2 qt. plums—only a sweet variety should be used, as sour ones do not blend well with apples. Put the apples and plums together with just enough water to prevent burning, and sugar to suit the

taste, judging from the tartness of the apples. The sauce will be much more palatable and wholesome if the amount of sugar added is small; have it tart rather than too sweet. Cover and cook until the fruit is soft. For dessert, serve with cream either plain or whipped.

Apple and Pear Sauce

September 1914

Proceed as for apple and plum sauce, using the same ratio of apples to pears. Add a little cinnamon along with the water and sugar. Cover and cook until the apples are soft and the pears are tender but not broken. Serve cold with or without cream.

Apple Sauce with Honey

September 1914

Pare, core, and cut into quarters 1 qt. apples; add just enough water to prevent burning, cover and cook until the apples are soft. Press through a sieve if desired when cold [or run through the food processor], adding enough honey to sweeten depending on the tartness of the apples. Serve with slices of banana.

Apple Sauce with Cocoanut

September 1914

Pare, core, and cut into quarters 1 qt. apples; add sugar to sweeten, the juice of 1 orange, 1/2 tsp. grated orange rind, 3 oz. shredded unsweetened cocoanut, and just enough water to prevent burning. Cover and cook until apples are tender, then mash with a spoon. Serve cold with cream, either plain or whipped.

Apple and Peach Sauce

September 1914

Pare, core, and cut into quarters 1 qt. apples. Skin, halve, and remove the pits from 1/2 qt. ripe peaches. Add just enough water to prevent burning. Put in sugar to sweeten and a little cinnamon

and mixed spices (cloves, nutmeg, allspice) to taste if desired. Cover and cook until the apples are soft and the peaches tender but not broken. Serve cold with cream, either plain or whipped.

Apple Brown Betty

1934

4 c. soft breadcrumbs
1/2 c. melted butter
4 c. sliced apples
juice of 1 lemon
1/2 tsp. grated lemon rind
1/2 tsp. cinnamon
1 c. sugar
3/4 c. water
cream to serve

Moisten breadcrumbs with butter and place in baking dish, alternating with apples. Top with layer of crumbs. Sprinkle each layer with lemon juice and rind, cinnamon, and sugar. Pour water over top. Cover and bake at 350˚F for 1 hour. Uncover last 15 minutes in order to brown. Serve hot with cream.

Baked Apples

1934

Wash and core 4 tart apples. Put in a baking dish and fill the cavity of each apple with brown sugar, topped with a dollop of sweet butter. Add water to cover the bottom of the dish and bake at 350˚F for 1/2 hour, or until tender, basting frequently.

Apple a la Mode

October 1932

Follow directions for baked apples (page 173). When cooked, squash the center of the apples out wide. Chill if desired and serve with a scoop of ice cream in the center of each apple.

Apple Fritters

September 1929

1-1/2 c. flour
2 tsp. baking powder
1/4 tsp. salt
2/3 c. milk
1 egg
2 medium-sized sour apples

Mix and sift dry ingredients, add milk and well-beaten egg gradually. Core and cut apples into eighths, then slice eighths into small pieces and stir into batter. Drop by spoonfuls and fry in deep fat. Drain well.

Apple Crisp

October 1929

4 c. sliced apples (6 to 8 apples)
1/2 c. water
1 tsp. cinnamon
1 c. sugar
3/4 c. flour
1/2 c. butter
1 pt. whipped cream
1 tsp. sugar

Cut apples in 1/4-inch slices and place them in a buttered baking dish. Add water and cinnamon. Work together the sugar, flour, and butter until crumbly. Spread over apples and bake uncovered at 350°F. Serve hot with whipped cream, sweetened with sugar.

Honey and Apples

December 1929

2 c. honey
1 c. vinegar
1 tsp. cinnamon
2 qts. peeled apples cut in small pieces

Heat the honey, vinegar, and cinnamon in a saucepan and cook the apples in the sauce a few at a time until they become transparent. Pour the syrup that remains over the apples.

—Mrs. J. N. C., Iowa

A Quick Dessert

January 1910

Pare, core, and quarter six good-sized apples. Put them in a deep saucepan that has a close-fitting cover (or you can use an ordinary three-pint tin pail with a tight lid). Add one teaspoon of butter, one tablespoon of sugar, a saltspoon (1/4 tsp.) of salt, a pinch of ground cinnamon, and the grated rind and juice of half a lemon. Pour over all one pint of cold water. In a large bowl, sift one cup of dry flour, a pinch of salt, and one heaping teaspoon of baking powder, three times to ensure even lightness. Add one cup of sweet, cold milk and stir hard, until you have a smooth, creamy, thick batter, or soft dough. Now spread this dough in a thin sheet over the prepared apples, completely covering them. Put on the lid (be sure it fits closely), and place over a slow fire to gradually come to a boil. Then increase the heat and cook for 15 minutes. If you use dutchess apples, or any kind that cooks quickly, this is long enough. Be sure you do not lift the lid until the time is up, or your dough will be heavy, instead of light as a puff. Watch it carefully, lest it burn.

Deep Dish Apple Pie

February 1929

Peel and cut 6 apples into very thin slices, pour 1 c. sugar and 2 tbsp. water over them, place in a hot oven (400˚F) until they begin to steam, then cover with the following batter:

Beat an egg well, add 1/2 c. milk and 1 tbsp. melted butter; stir in 1 c. flour that has been sifted with a pinch of salt and 1 tsp. baking powder. Bake in a moderate oven (350˚F) until the crust is thoroughly done and a rich brown. A glass dish is good to use, as it is better to see that both apples and crust are well done.

Bananas

Banana Pudding

December 1929

1 c. milk
1 c. sugar
2 eggs
1 tsp. vanilla
3 large bananas

vanilla wafers
1/2 lb. marshmallows

Make a soft custard by cooking gently (do not boil!) until thick milk, sugar, well-beaten eggs, and vanilla. Stir constantly. Slice bananas, arranging them alternately with wafers in casserole or baking dish. Pour custard over this and place marshmallows cut in halves over top. Put in oven for a few minutes to brown.

—Mrs. J. M. B., South Carolina

Banana Sharps

September 1928

1/2 c. lemon juice
1/2 c. sugar
6 bananas

Mix the sugar and lemon juice and let it stand until the sugar is dissolved. Pour this over sliced bananas and let it stand for at least an hour where it is very cold.

Banana Jiffy

July 1933

Slice a banana in half lengthwise and put it together with a tart jelly (plum or currant is good), spread top with sweetened vanilla-flavored whipped cream and sprinkle with chopped nuts. Serve very cold. This is a quick dessert and good for hot weather.

—Mrs. B. W., Massachusetts

Banana Toasted Sandwich

March 1934

Lay slices of banana between thin slices of buttered bread and place these sandwiches in a shallow bake pan in a hot oven (400°F) till brown, turning once. [Editor's note: You can also brown the sandwiches under the broiler.] Especially good with whole wheat bread. Serve hot. Fine for breakfast.

—A. R. H., Washington, D. C.

Banana Fritters

December 1929

4 large bananas
powdered sugar
lemon juice
1 c. flour
1/2 tsp. salt
2 eggs
2/3 c. milk

Remove banana skins. Cut the bananas in halves lengthwise and crosswise. Sprinkle each piece with powdered sugar and a little lemon juice and let them stand for an hour. Have ready a well-beaten batter made of the flour, salt, eggs, and milk. Dip bananas into this, fry in hot deep fat and drain on brown paper.

—L. S., Nevada

Baked Bananas

May 1931

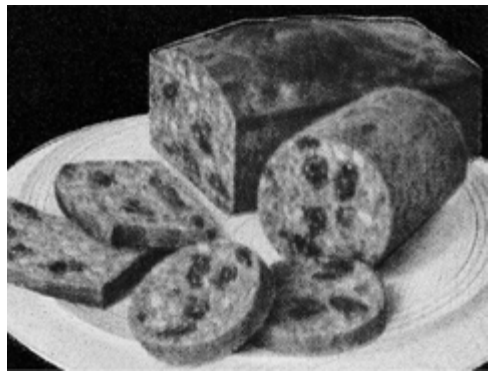
Use ripe bananas, skin and scrape off any stringy fibers. Split the banana lengthwise and place in baking dish. Sprinkle with 2 tablespoons of sugar and the juice of 1 lemon. Dot with bits of butter. Add 1/3 c. of cold water. Bake in a moderate oven (350˚F) until bananas are delicately brown (approximately 20 minutes). Baste occasionally. Serve hot with whipped cream or plain.

Banana Loaf

March 1939

1 c. sugar
1/4 c. fat
1 egg
3 mashed bananas

2 c. sifted flour
1 tsp. baking soda
1/2 tsp. salt
1 c. nut meats



Cream sugar and fat, add egg and bananas and blend well. Sift together dry ingredients, add nuts and combine with the batter. Stir just until flour is dampened, put in greased loaf pan. Bake for 1 hour in a moderate oven (350˚F).

Banana Puffs

December 1913

Mix 2 well-beaten eggs with 2 level tbsp. powdered sugar, 1 c. milk, a pinch of salt, 1/2 tsp. vanilla extract, and 1 c. banana pulp or 2 large bananas which have been mashed fine and beaten until light. Pour into buttered custard cups and place in a pan filled with 1-1/2 inches cold water. Bake for about 20 minutes in a hot oven (400˚F). Insert a knife in the custards and if nothing adheres to it, the custard is done. Serve cold.

Peaches

Peach Pudding

September 1912

Butter a pudding dish and place canned peach halves in the

bottom of it. Pour over them a batter made of 1 c. milk, 1 c. sugar, 1 egg, 2 tbsp. butter, 2 tsp. baking powder, and flour (start with 1/2 c. flour and add more as necessary). Drop this over the peaches and bake at 350˚F until nicely browned. Serve with cream.

Peach Soufflé

August 1928

Peach soufflé needs the freshest, ripest fruit. Peel, stone, and fork pulp 1 dozen very ripe, very fresh peaches. Crush in with this 2 very ripe bananas pared and scraped, blending the juice of 2 sweet oranges in with the whole. Then add the stiffly beaten yolks of 1 dozen eggs, beating thoroughly. Cook this over a brisk fire until puffing up highly, then stir in a pint of thick sweet cream. When thoroughly heated through, add a pound of whole, fresh marshmallows. Let heat through again and add the quite stiffly beaten egg whites. Serve with whipped cream.

Fried Canned Peaches

January 1926

Drain peach halves or quarters and sprinkle with sugar. Fry 1 minute on each side in melted butter and serve hot with syrup which forms in the pan from sugar, butter, and juice. Pears may be cooked in the same way.

Pears

Poached Pears

January 1926

1 large can pears
sugar to equal reserved pear juice
plain cake, 1 slice per person
[Editor's note: pound cake is a nice choice]

Drain pears and measure juice. Add equal amount of sugar to juice and stir over fire until dissolved. Cook pears carefully in this syrup for 2 minutes and place on slices of cake when ready to serve. The hot syrup is served with this. For a special dessert, rounds of ice cream may be placed on the cake under the pears. Peaches may be used as well.

Baked Gingered Pears

January 1929

Spread canned pears with syrup from a jar of preserved ginger, sprinkle with lemon juice, and stick a clove in each piece. Place in a casserole and bake at 350˚F until heated through, and preferably well browned.

Pineapple

Fried Pineapple Rings

October 1933

5 tbsp. butter
1/3 cup brown sugar
6 slices pineapple

Melt butter and sugar in frying pan, add pineapple and fry slowly until golden brown.

Raspberries

Fresh Raspberries Are in Season

By Gertrude Shockey
June 1929

Raspberries served with sugar and cream are one of the treats of the spring time. But if the season is generous in supplying the right proportion of rain and sunshine, the family having its own berry patch will be glad to see the fruit appearing in cooling drinks, fresh salads, and tempting desserts before the last of the berries are gone.

Raspberry Cream

June 1929

For this dessert, fresh graham crackers are crumbled finely and mixed with a few crushed berries, placed in a tall, slender glass and covered with more than their bulk of stiffly beaten cream

sweetened to taste and dotted with whole hickory nut meats. Serve cool and at once. Sweet cake could be used in place of graham crackers, if desired.

Raspberry Pudding Sauce

June 1929

Puree fresh raspberries and strain to get 1 c. juice. Bring to a boil with 1/2 tsp. lemon juice. Make a smooth paste of 1/2 tbsp. cornstarch and a little cold water and add it to the boiling mixture, stirring constantly while it cooks. Add sugar to taste and boil a moment longer. Serve hot or cold with bread or rice pudding (see recipe for Queen of Puddings on page 193 and for Rice Pudding on page 194), or oldish cake, and these will be lifted out of the class of commonplace desserts.

Rhubarb

Rhubarb with Variations

New Dresses for an Old Garden Friend
By Ina B. Rowe
April 1923

With the approach of the first days of spring the thoughts of the housewife travel to the rhubarb bed, and the first tender stalks are given a hearty welcome. The uses to which rhubarb may be put are many and practical. Though not a true fruit, it takes the place of a fruit in the diet of the family. Obtain a smooth board about four inches wide and long enough to reach across the top of a wide-mouthed stewpan. Wash the rhubarb stalks, remove all brown and woody portions, and slice the largest stalks lengthwise to make them all uniform in diameter. Stack them like cordwood on the cutting board which is placed over the stewpan, and with the stalks held in the left hand slice off in one-inch pieces with a long, sharp knife, pushing the small pieces off

into the stewpan.

Stewed Rhubarb

April 1923

4 c. diced rhubarb
1 c. sugar

Cut rhubarb into uniform pieces and pour boiling water over it, allowing it to stand in water for 5 minutes. This removes some of the sharp acidity and the sauce will require less sugar. Drain rhubarb and add sugar. No additional water is necessary. If allowed to stand in the sugar for several hours before cooking, the flavor will be much milder.

Escalloped Rhubarb

April 1923

2 c. zwieback crumbs, rolled fine
1/4 c. butter, melted
1 c. stewed rhubarb (see recipe on page 182)
1 c. whipped cream

Mix crumbs with butter. Alternate in layers with stewed rhubarb, having crumbs on top. Allow to stand for 3 hours at room temperature or in the refrigerator if the day is very warm. Cover with whipped cream and serve.

Rhubarb Dumplings

April 1923

2 c. flour
4 tbsp. baking powder
1/2 tsp. salt
2 tbsp. lard or butter
3/4 c. milk
2 c. diced and scalded rhubarb
1-1/2 c. sugar, divided
2 c. water

Mix flour, baking powder, and salt. Cut in shortening as for biscuit. Add milk and mix lightly into soft dough. Divide into 6 equal parts and roll each into a circle one-half inch thick. Mix rhubarb and 1/2 c. sugar and pile uncooked in equal parts of the six circles of dough. Bring water and remaining sugar to a boil in an ovenproof dish. Bring the edges of dough around rhubarb, pinching it in place. Lay with smooth side up in the boiling syrup. Remove pan from flame and place in a hot oven (400˚F) to bake for 35 to 40 minutes.

Rhubarb Brown Betty

April 1926

2 c. stale breadcrumbs
2 tbsp. butter
3 c. diced rhubarb
1-1/2 c. sugar

Mix crumbs with melted butter, arrange in layers with rhubarb and sugar in buttered baking dish. Bake about 1/2 hour in a moderate oven (350˚F) until fruit is soft and crumbs are brown.

Strawberries

It's Strawberry Time

June 1936

If you have been brought up on strawberries picked fresh from your own patch, you'll agree that there simply isn't much that can be done to improve them. My first vote goes for strawberries hand-hulled, sun-warmed. Next best is a capacious bowl full, with no previous treatment other than washing and hulling, ready for one's own judgment as to cream and sugar. Or a few fine, unhulled berries, chilled and placed on a leaf-garnished plate.

Strawberries on the Stem

June 1927

When gathering the berries, leave a long stem on them. Wash, drain, and arrange on small service plates around a tiny mound of powdered sugar. The stems should be toward the edge of the plate so they can be easily grasped by the fingers.

Compote of Rice and Strawberries

June 1911

Put 1/2 c. well washed and drained rice in 1 qt. slightly salted water. Boil rapidly for 20 minutes and drain. Put the rice into a double boiler with milk to cover and 1 tbsp. sugar. Cook until the rice is soft and the milk nearly absorbed. Boil 1 c. each of sugar and water to a thick syrup and let cool. Heap fresh sliced strawberries in the center of a gelatin dish, arrange the hot rice around them, and pour the cold syrup over all. Serve at once.

Frosted Berries

June 1936

2 tbsp. butter, softened
1/2 c. powdered sugar
1 tbsp. cream
fine berries, unhulled

Cream butter, add sugar and blend thoroughly. Add cream to moisten. Dip tips of berries (washed and dried) in this icing and chill thoroughly. Serve on strawberry leaf–garnished plate.

—Mrs. G. A. C., Louisiana

Strawberry Delight

June 1936

1-1/3 c. sugar
1 c. water
1 c. crushed pineapple
1 c. halved strawberries
1 c. fresh red raspberries (or all strawberries may be used)
juice of 1 lemon

Combine sugar and water and boil for 10 minutes. Add fruit. Let stand until cool, add lemon juice. Chill very thoroughly, stirring after an hour or two.

—M. McK., Indiana

Strawberry Mint Salad

June 1936

Ingredients required are sliced pineapple or fresh pineapple cut in wedges; fresh strawberries, halved; fresh mint; powdered sugar.

Arrange each serving on a few springs of mint. First place pineapple slices or wedges, then berries. Top with a spoonful of mint chopped and mixed with powdered sugar. An unusually refreshing combination.

Custards

Golden Custard

April 1937

8 egg yolks
2/3 c. sugar
sprinkle salt
1-1/2 tsp. vanilla
1/4 tsp. almond extract
3 c. milk
1/4 c. cream

Beat yolks, add sugar. Mix in rest of ingredients. Pour into a buttered baking dish. Set in pan of hot water. Bake for 50 minutes in a slow oven (about 325°F). Remove pan from water. Cool and chill. I often bake this custard along with my angel food, since both require the same oven.

—Mrs. J. A. W., Minnesota

Banana Custard

December 1919

To 1 stiffly beaten egg add 1 c. milk and 2 tbsp. sugar; heat in a saucepan. Dissolve 1 tbsp. corn starch in a little cold milk—about 1-2 tbsp., add to the heated mixture, and stir carefully over the fire until it thickens. When cold, pour over 2 sliced bananas and serve.

Carrot Custard

February 1933

1/2 c. sugar
2 c. scalded milk
3 eggs beaten slightly
1 c. grated carrot
1 c. breadcrumbs
1/2 tsp. grated nutmeg
1/2 tsp. vanilla

Dissolve sugar in scalded milk. Add other ingredients in order listed. Place in custard cups. Set in shallow pan of water. Bake in a moderate oven (350°F) for about 1 hour. Tastes like coconut pudding.
Serves 7–8

—F. L. DeM., Ohio

Just Custards

October 1935

When I suggested to the editor that an article on custards should be interesting he asked his usual question, "Why?" The temptation to say, "Because" was strong, but I thought I'd better prove it by a little experimenting in our County Kitchen. When the results were tasted and talked over by some of our staff, we were sure that a custard story would be interesting.

Can you make a perfect plain custard—smooth and even, with that delicately fine flavor of eggs and milk brought out, but not obscured, by sugar and flavoring? Here are important things:

Beat eggs for custard just long enough to mix them thoroughly, not until frothy.

A fairly moderate temperature in baking is best for smooth, tender texture. Set custard cups or baking dish on a rack, if possible, in the bottom of a pan. Then surround the custard cups or baking dish with hot water. Otherwise, the outside edges of a custard are apt to be somewhat porous and cheesy, because of too high a temperature.

A test for doneness is that a knife blade comes out clean. Remove at once from the hot water when they are taken from the oven or a custard will overcook.

Pineapple Custard

February 1929

5 eggs
1/2 c. sugar
1/4 tsp. salt
1 qt. scalded milk
1 tsp. flavoring (such as vanilla or pineapple extract)
1-1/2 c. well-drained chopped pineapple

In a double boiler, beat eggs slightly, add sugar and salt; mix. Add gradually the scalded milk and cook until mixture coats the spoon. Cool, flavor with extract and pour over pineapple. Serve very cold.

Pumpkin Custard

December 1919

Mix together 1-1/2 c. steamed and strained pumpkin, 1-1/2 c. milk, 3/4 c. sugar, 1 tsp. cinnamon, 1/2 tsp. powdered ginger,

and 1/2 tsp. salt. Add 2 eggs beaten only enough to mix. Pour into small molds (ramekins) and bake as a custard, at 350˚F for 25 to 35 minutes. Serve garnished with whipped cream.

Squash Custard

February 1931

2 c. cooked squash
1 c. sugar (brown is better)
1/2 tsp. salt
1 tsp. cinnamon
4 eggs
3 c. milk
1 pt. whipped cream, optional

Mash squash [in blender or food processor]. Add sugar, salt, and cinnamon. Beat eggs and add to milk. Combine the two mixtures, stirring until thoroughly mixed. Pour into buttered custard cups and bake in pan of hot water in a moderate oven (350˚F), or until firm. Serve cold, either plain or with whipped cream.

—*A reader from New York*

Raisin and Orange Custard

January 1926

3 c. milk
5 egg yolks
1/4 c. sugar
pinch of salt
1/2 tsp. vanilla
3 oranges, washed and thinly sliced
1/2 c. raisins

Scald milk in double boiler. In a separate bowl, beat yolks slightly, slowly add sugar and salt and part of milk to bring the eggs up to temperature without curdling. Return to the milk in the boiler and cook until custard makes a straight line across spoon when tested. Stir constantly during cooking and do not allow water to boil hard. Cool slightly, flavor with vanilla and

pour over raisins and sliced oranges in individual glass pudding dishes for serving.

Honey Cocoanut Custard

October 1935

2 c. milk, scalded
1/3 c. strained honey [Editor's note: Today, "strained honey" is simply known as liquid honey—produced by removing honey from the comb then straining it free of wax and crystals.]
2 eggs, beaten slightly
few grains salt
1/2 c. grated unsweetened cocoanut

To milk add honey, eggs, and salt. Put a sprinkle of cocoanut in bottom of oiled custard cups. Strain in custard, sprinkle top with cocoanut. Set in pan of hot water and bake for 30 minutes in a moderate oven (350˚F).

Puddings

Cream Pudding (*Romme Grot*)

December 1937

1 pt. sour cream
1 c. water (to rinse cream from jar)
1/2 tsp. salt
1/2 c. flour
1 pt. hot milk
sugar and cinnamon

Cook sour cream and water very gently for 45 minutes to 1 hour, stirring occasionally. Add paste of salt and flour, with a little cold water, stirring thoroughly. Cook until thick and butter fat comes out of pudding on top. Remove fat and save. Stir in hot milk and whisk briskly with flat wire beater [or whisk]. Pudding should be very smooth and creamy. Pour into a bowl and make depressions on top, then pour over the butter fat. Serve hot in dessert dishes

and pass sugar and cinnamon to sprinkle on top. The pudding is not a success unless the butter fat comes out on top after flour is added.

Brown Sugar Pudding

May 1934

Syrup:
1 c. brown sugar
2 c. hot water
2 tbsp. butter

Batter:
1/2 c. white sugar
1 c. flour
2 tsp. baking powder
1/2 c. raisins
1/2 c. milk or water

Heat syrup mixture to boiling. Meanwhile make batter by sifting dry ingredients together, adding raisins and liquid. Mix thoroughly but do not beat. Pour first hot syrup into buttered baking pan, then the batter. Do not stir. Bake in a fairly hot oven (400˚F) for 20 to 25 minutes.

—Mrs. R. W. H., Texas

Apple Pudding

January 1910

Into a pudding form or baking dish put a layer of bread crumbs, next a layer of sliced, raw apples with sugar and cinnamon or nutmeg sprinkled over it and dotted with little lumps of butter. Alternate these layers until the dish is filled, having bread crumbs for the top layer. Pour over it a cup of milk into which one well-beaten egg has been mixed. Bake in a moderate oven (350˚F) until the apples are soft. Serve warm or cold, with sugar and cream. If served cold, a little jelly may be spread over the pudding and whipped cream or meringue of beaten white of egg added as a finishing touch. To serve warm, spread over the top a

layer of jelly or preserves. Whip the white of an egg stiff with 4 tbsp. sugar, spread on top and return to the oven to slightly brown.

Apple Flake Pudding

January 1930

Line a buttered baking dish with corn flakes and add a layer of thinly sliced apples. Sprinkle with a mixture of sugar and a little cinnamon and dot with butter. Fill dish with alternate layers of apples and flakes, finishing with a layer of corn flakes. Bake in a moderate oven (350˚F) until apples are cooked, about 20 minutes.

Apple Graham Cracker Pudding

January 1930

Crumble 6 graham crackers in the bottom of a well-greased baking dish. Cover with 4 medium-sized apples peeled and sliced fine. Sprinkle with 1/4 tsp. each of cinnamon and nutmeg. Crumble 6 more crackers on top and then another layer of apples and seasoning. Pour 2 c. milk over all. Bake at 400˚F for about 30 minutes or until apples are done. Serve with whipped cream.

—Mrs. R. B., Michigan

Flapper's Pudding

August 1929

1 c. sugar
1/2 c. butter
1 c. nuts
1 c. crushed pineapple
graham crackers to cover bottom of dish
whipped cream or ice cream to serve

Cream butter and sugar; add nuts and pineapple with juice mostly drained off; stir all together. Line baking dish with crushed graham crackers. Add alternate layers of the fruit

mixture and crushed crackers. Let stand overnight in the refrigerator. Serve with whipped or ice cream.

Sweet Potato Pudding

March 1938

2 c. grated raw sweet potatoes
1/4 c. white sugar
1 c. brown sugar (packed)
2 tbsp. soft butter
4 eggs
1 tsp. salt
1 tsp. cinnamon
1/4 tsp. each allspice, ground cloves, nutmeg, and ground ginger
2 c. rich milk

1 pt. plain or whipped cream

Grate sweet potato very fine, add other ingredients (except whipped cream) in order listed, adding eggs 1 at a time and beating in. Bake in a large casserole or pudding pan for 1 hour at 350˚F. Serve with plain or whipped cream.

Caramel Pudding

August 1932

1 tbsp. butter
1 c. brown sugar
1 tbsp. flour
1 c. milk
2 egg yolks or 1 whole egg
1 pt. whipped cream

Brown butter in pan, being careful not to burn it. Combine brown sugar and flour and blend in with butter. Add the milk, stirring constantly until pudding thickens. Let cool slightly. Add beaten egg yolks or one whole egg and cook a little longer. Pour into serving cups and let cool. Serve with whipped cream.

Queen of Puddings

February 1910

Soak 1 pt. of breadcrumbs in 1 qt. warm milk, add the well-beaten yolks of 4 eggs, 1 c. sugar, and 1 tbsp. butter. Add 1-1/2 tsp. of any desired flavoring, such as vanilla or almond extract, and bake at 350˚F.

Lemon Bread Pudding with Raisins

August 1927

2 c. fine, whole wheat bread crumbs
1/2 c. raisins
2 c. scalded milk
1/4 tsp. salt
1/4 c. sugar
1 egg, well beaten
grated rind of 1 lemon
3 tbsp. lemon juice
1 tbsp. melted butter
cream or milk to serve

Mix the fine, dry bread crumbs with the raisins and pour the scalded milk over the mixture; add salt and sugar, egg, grated lemon rind, lemon juice, and melted butter. Pour into a buttered pudding dish and bake in a slow oven (300˚F) for 40 minutes. Serve with milk or not too rich cream.

Apricot Bread and Butter Pudding

January 1926

2 c. dried apricots
6 to 8 slices buttered bread
1/2 c. sugar

Soak apricots for 2 hours in just enough water to cover; drain. Arrange bread in baking dish, butter side toward dish, pour in apricots and cover with sugar. Bake in a hot oven (400˚F) for about 20 minutes until bread is golden brown. Fresh apples or rhubarb may be used in place of apricots.

Rice Pudding

February 1927

1/2 c. uncooked rice
1 c. water
1/2 c. raisins
stick cinnamon
3 c. milk
1/2 tsp. salt
6 tbsp. sugar

Combine the rice, water, raisins, and cinnamon in a pan; cover and cook, slowly stirring with a fork when necessary, until water has been absorbed, about 20 minutes. Add milk, salt, and sugar and cook for 1 hour in double boiler, serve hot with cream and sugar if desired.

Lemon Rice Pudding

February 1910

Mix well with 1 c. boiled rice: 1 c. sugar, the well-beaten yolks of 3 eggs, the grated rind of 1 lemon, and 1 qt. milk, pour into a buttered pudding dish and bake at 350˚F for 1 hour, or until knife inserted in center comes out clean. Beat the whites of the eggs to a stiff froth with 1/2 c. sugar and the juice of the lemon, spread this over the top of the pudding when baked, and return to the oven to brown slightly.

Chocolate Rice Pudding

September 1928

1 c. sugar
2 tbsp. cocoa
1/2 tsp. salt
1/4 tsp. cinnamon
1 c. uncooked rice, rinsed
5 c. sweet milk
1 pt. plain or whipped cream

Mix the sugar with the cocoa, salt, and cinnamon. Add the rice and milk, and cook over hot water in the top of a double boiler until the rice is perfectly tender (about 1 hour). Serve hot or cold, with plain or whipped cream.

Rice-Apricot-Marshmallow Pudding

May 1929

1/2 lb. dried apricots
1/4 c. honey
1/4 c. sugar
3 c. cooked rice
18 to 21 marshmallows, cut in quarters
2 c. cream

Soak apricots overnight in enough water to cover. Cook slowly in same water until tender. Add honey and sugar. Arrange a layer of hot rice, then apricots in a greased baking dish; sprinkle with a layer of marshmallows. Let brown in a hot oven (400˚F) remove and add second layer of rice, apricots and their juice, with marshmallows on top. Brown in a moderate oven (350˚F). Serve hot or cold with cream.

Cookies

Jam Marguerites

May 1933

2 egg whites
3 tbsp. raspberry or other jam
1/2 c. chopped nuts
2 drops lemon extract
10 to 15 crackers, such as Ritz

Beat egg whites stiff and gradually add the jam and beat until thoroughly blended. Add 1 tbsp. of chopped nuts and flavoring. Place a spoonful of the mixture on a cracker and sprinkle with chopped nuts. Bake in a hot oven (400˚F) until delicately brown.

—Mrs. B.W., Massachusetts

Maine Dinner and Supper

By Mrs. Lawrence B. Boothby
September 1938

Canned beef with gravy
Baked potatoes
Mashed squash
Pickled beets
Homemade whole milk yeast bread
Green tomato mince meat pie
Coffee and milk

Corn, potato, and cheese sauce scallop
Pole beans, buttered
Graham muffins
Easy apple sauce
Chocolate cookies
Milk

Chocolate Cookies

1 egg
1 c. sugar
1/2 c. melted fat (shortening)
1/2 c. sweet milk
1 tsp. vanilla
2 c. flour
3 tbsp. cocoa
1/2 tsp. baking soda
1/2 tsp. baking powder
1/4 tsp. salt
1/2 c. raisins

Beat egg, sugar, and fat together. Add milk, vanilla, and sifted dry ingredients and raisins. Drop on a greased cookie sheet and bake for 20 minutes in a quick oven (400˚F).

Coconut Macaroons

December 1936

1 c. brown sugar
1 c. white sugar
1 c. melted fat
2 eggs, beaten
1 c. grated unsweetened coconut
1 tsp. vanilla
1/2 tsp. salt
1 tsp. baking soda
1 c. flour
4 c. rolled oats

Mix ingredients in order given. Shape in small balls with hands. Place on greased cookie sheets and bake for 15 minutes in a moderately hot oven (375˚F). Makes 100 small cookies.

Fried Cakes

June 1910

Two cups of sugar, two eggs, and one teaspoon of salt. Three tablespoons of melted lard, one even teaspoon of grated nutmeg. Stir all together until it is like cream, then dissolve one large teaspoon of baking soda in two cups of sour milk or buttermilk and add to sugar and egg mixture. Add flour to make a stiff dough, roll out as soft as possible, cut out with a doughnut cutter and fry in hot lard.

Cream Is King

And Gives the Crowning Touch Whenever Used
By May McDonald
May 1924

For years, we, who believed in the lavish use (especially on the farm) of milk, cream, and butter, have been

called a hard name. Extravagant cooks they called us. How delightful a thing it is now to find ourselves justified! I feel much indebted to the scientists who in recent years have taught us about vitamins, those vital food substances that are absolutely necessary for promoting growth and maintaining health. Milk and butterfat are now known to be splendid sources of some of these wonder-working food substances. So we really "builded better than we knew," we extravagant cooks!

Whipped cream! Who ever had enough of it? There is no end to its uses as a garnish, in desserts and in salads; everywhere it adds its richness, flavor, and beauty. No need to worry about your dessert when unexpected company arrives if you have whipping cream.

Four Jiffy Desserts

1. Crumb up stale cake and beat into whipped cream
2. Add chopped fruit and nuts to whipped cream
3. Add jam to whipped cream
4. Sweetened and crushed fresh berries mixed with whipped cream and served in a cooked pie shell

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Desserts: Ten Minute Specials

By Ina B. Rowe

September 1928

"To save time is to lengthen life," said the philosopher. If ten minutes is enough time in which to put together a palatable, economical, and nutritious dessert, why should the busy housewife spend more?

In offering a dessert as a "ten-minute special" we are counting only the minutes which the housewife herself contributes. The stove may work an hour or more on the same dessert, or if it is made with gelatin several hours must pass between the time it is put together and the time it is ready for the table.

[Editor's note: Today's quick-cooking tapioca will cook in 5 to 10 minutes.]

Tapioca Float

September 1928

1-1/2 tbsp. minute tapioca
6 juicy apples
2 c. water
1 c. light brown sugar
2 tbsp. butter

sprinkling of cinnamon and nutmeg

Sprinkle the tapioca over the bottom of a baking dish. Add the apples, pared, cored, and cut in thick slices. Add the other ingredients, cover, and bake in a slow oven (300˚F) until the apples are tender and the tapioca perfectly transparent. Serve hot or cold, with heavy cream. If this is to be served cold, omit butter from the recipe.

Butterscotch Tapioca with Dates

September 1928

1/4 c. minute tapioca
2 c. water
1/2 c. brown sugar
2 tbsp. butter
1 c. sliced dates
1/4 tsp. salt
1/2 tsp. vanilla
1 c. cream, whipped

Combine all the ingredients except the whipped cream in the top of a double boiler. Cook until the tapioca is perfectly transparent and has practically disappeared. Cool to room temperature, fold in the whipped cream and chill for several hours in the refrigerator until very cold.

Coffee Bavarian

September 1928

1 tbsp. gelatin
1/4 c. cold water
3 c. left-over coffee
1/2 c. sugar
1 c. whipped cream

In the top of a double boiler place the gelatin, add the cold water and allow to stand for a few minutes. Then add the coffee and the sugar and heat over hot water until the gelatin and the sugar are both completely dissolved. Set aside in the pan in which it

was cooked to cool and harden, and when about as thick as honey, beat with a rotary beater. Beat in the whipped cream and serve.

Chocolate Bavarian Cream

August 1932

2 tbsp. gelatin
1/2 c. cold water
1 square bitter chocolate
1/2 c. sugar
1/2 c. milk
2 c. heavy cream

Soak gelatin in cold water. Heat chocolate in top of double boiler, add sugar, then the milk slowly. Then add the gelatin to hot mixture to dissolve. Remove from fire and cool to thickness of heavy cream. Add the chocolate mixture to cream and beat a second. Put into molds and cool to room temperature.

Chocolate Mousse

December 1931

1 egg
3/4 c. powdered sugar

1/8 tsp. salt
2 tbsp. cocoa paste (made with equal parts
unsweetened cocoa powder and cold water, mixed smooth)
1/2 tsp. vanilla
1 pt. whipped cream

Beat egg, sugar, salt, cocoa paste, and vanilla thoroughly. Whip cream, fold into first mixture and freeze without stirring for 3 to 4 hours in bowl packed with 1 part salt/1 part ice, to come 1/2 way up side of mousse bowl.
Serves 12

Chocolate Sauce

July 1917

1/2 c. sugar
1 c. water
1 tbsp. cornstarch
1/4 c. cold water
1 square unsweetened chocolate, melted
1 tsp. vanilla
pinch salt

To serve with ice cream: boil sugar and 1 c. water to a sirup, about 5 minutes. Stir starch and cold water together. Add melted chocolate to the hot sirup and pour this into the cornstarch mixture. Stir well, return to fire and cook several minutes. Flavor with vanilla and salt and serve hot in a small pitcher.

Lemon Butter

February 1937

6 eggs
1 lb. sugar
1/4 lb. butter
juice of 3 large lemons
grated rind of 2 lemons
sprinkle salt

Beat eggs in top of double boiler. Add other ingredients. Cook

over hot water, stirring constantly, until thick. Cool, store in glass jar in cool place. This keeps 3 weeks, serving as filling for fresh cake or pudding sauce. It is not stiff enough to cut for a pie filling but makes delicious tarts when put in baked tart shells, topped with whipped cream or meringue and a preserved strawberry.

—Mrs. D.H.B., Tennessee

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Wells & Richardson Co., Burlington, Vt.

Try It with Honey

By Bess M. Rowe

August 1933

That honey is food fit for a queen we all know for the ancient nursery rhyme told us for many, many years

that “the queen was in the parlor eating bread and honey.” Many of us have followed her example and have eaten our share of bread and honey without realizing that this is only one way of using this product found in abundance on many farms. And, too, we have found that the queen merely spread her honey on the bread and didn’t know as much about its use as we now know.

To use honey successfully, one must learn to “drizzle” it. Drizzled honey gives better results than when it is poured, for a little honey gives as much flavor as is necessary and brings out the flavors of the foods with which it is used. To drizzle honey put the jar in warm water (not hot water) and let stand about ten minutes. The honey is then thin enough to drizzle in tiny threads on the foods to be sweetened or flavored. In drizzling hold the jar some distance above the foods.

The following recipes are passed on to you through the courtesy of the Honey Institute. They were worked out by Mrs. Malitta Fischer Jensen, secretary of the organization, in her testing kitchen.

Honey Butter

August 1933

Blend 1 c. granulated or creamed honey with 1/2 c. butter. (Let butter stand at room temperature for 10 minutes so that it blends more readily.) If strained honey is used, use same proportions, beating the honey first with a strong double ball bearing type of egg beater. Then blend with warm butter. Pour in glass jar, screw cap on jar, and place in refrigerator or some place where temperature is 55 degrees or lower. Honey butter must be kept tightly covered and kept in the refrigerator just as you keep butter. [Editor’s note: This is delicious as a breakfast treat, on toast or pancakes.]

Honey Crumb Torte

August 1933

2 tsp. baking powder
1-1/2 c. bread crumbs
1-1/2 c. chopped dates
1 c. chopped nuts
3 eggs
1/2 c. honey

Mix baking powder, bread crumbs, dates, and nuts. Beat eggs and blend with honey, then add to bread crumb mixture. Stir enough to have mixture combined well. Spread on well greased baking pans to a depth of about 1/2 inch. Bake in a moderate oven (about 350˚F) for 35 minutes. Cut into oblong pieces and serve with honey butter meringue (use honey butter in place of sugar when whipping into egg whites), or whipped cream.

Honey Cheese Crumb Pie

August 1933

Filling:
2 eggs
1/2 c. cottage cheese
1/4 c. honey (liquid or granulated); 1/3 cup may be used if sweeter filling is desired

Topping:
1 tbsp. butter
3 tbsp. honey
1/2 c. graham cracker crumbs

Beat eggs, add to cottage cheese and then add honey. Mix well and pour into pan lined with pie crust. Make topping by blending butter and honey, stir in graham cracker crumbs, then sprinkle over cheese custard mixture. Bake in a moderate oven (350˚F) for 25 minutes.

Buttermilk Fudge

December 1938

1/2 tsp. baking soda
1 c. buttermilk or sour cream thinned with milk

2 c. sugar
1 tbsp. corn syrup
1 tbsp. butter
1 tsp. grated orange rind
1/2 c. chopped cocoanut or nuts

Put baking soda in buttermilk and let stand for 5 minutes, then add sugar and syrup. Cook in a fairly large saucepan, since it foams up more than most candies. Boil until a light brown color (about 30 minutes) and a small amount dropped in cold water forms a ball that can be shaped in the fingers. Remove from fire, add butter and orange rind. Cool, beat until creamy. Add nuts or cocoanut.

Caramel Rice

March 1934

1 c. uncooked rice, rinsed
5 c. boiling water
1 tsp. salt
2 c. brown sugar
1/2 c. raisins

Cook the rice for 15 minutes in rapidly boiling salted water. Add brown sugar and continue boiling as rapidly as possible until mixture is quite stiff (about 25 minutes). Add raisins and serve. Or chill and serve.

—Mrs. C.E.U., Illinois

Frozen Desserts

August 1929

Ice Creams, sherbets, and mousses make the last course unusually appetizing when the temperature soars.

Frozen desserts have no equal on the hot weather menu. They create the same satisfaction that the cup of steaming coffee and a slice of rich plum pudding do in January.

Ice creams and sherbets are inexpensive on the farm where milk, eggs, and fruits are plentiful. Compared with baking pies or cakes in a sweltering kitchen, turning an ice cream dasher in a cool cellar or on the kitchen porch is a pleasant occupation. The one serious handicap for people who do not have their own icehouse lies in getting the ice. However, the eggs and cream must be marketed at least once a week, preferably two or three times, in hot weather. The person who drives in with them can buy a block of ice just before he starts home. It will melt very little on the way if well wrapped.

Plain Ice Cream

August 1929

1 qt. thin cream
1/4 tsp. salt
3/4 c. sugar
1/2 tbsp. vanilla

Mix first 3 ingredients, making sure that sugar is dissolved. Add vanilla. Turn into an ice cream maker and proceed according to package directions.

French (Custard) Ice Cream

August 1929

2 c. milk
2 egg yolks
3/4 c. sugar
1/4 tsp. salt
2 c. thin cream
1/2 tbsp. vanilla

Scald milk in a double boiler and pour over egg yolks mixed with sugar and salt. Return to double boiler and cook until it coats a wooden spoon. Chill until very cold, add the cream and vanilla and freeze.

Peach Mousse

August 1929

2 c. peach pulp
1 c. sugar
1 tbsp. lemon juice
1/4 to 1/2 tsp. almond extract
2 c. heavy cream, stiffly beaten

Pare and crush peaches and add the sugar and lemon juice to them several hours before mousse is to be frozen. Add the extract, combine with the stiffly beaten cream and turn into an ice cream maker; proceed according to package directions.

Buttermilk Sherbet

August 1929

1 qt. buttermilk
1/2 c. lemon juice
1-3/4 c. sugar
grated rind of 1/2 a lemon

Stir until ingredients are thoroughly mixed and freeze.

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Moulded Ice Desserts

Beauty and Coolness for Hot Weather
By Anna Coyle
July 1923

Welcome indeed is Jack Frost on a hot July day, especially when he comes in the guise of cool dessert.

With the fine equipment now available everyone may have frozen desserts and when the fruit season is at its height there is no end to the fine fruity flavors one may have.

The good old-fashioned ice cream is made doubly good when served with a fruit sauce, caramel nut syrup, or raisin and nut sauce.

Angel Food Surprise

July 1923

Place a generous serving of ice cream over a slice of angel food cake or sponge cake on a small plate. Pour hot fudge sauce (see recipe below) over it and serve at once.

Hot Fudge Sauce

July 1923

2 c. sugar
1 c. milk
2 squares (oz.) unsweetened chocolate
2 tbsp. butter
vanilla extract if desired

Cook sugar and milk together for 15 minutes over low heat, add chocolate and butter and stir till melted. A small amount of vanilla may be used if desired. Serve hot over angel food and ice cream.

Baked Alaska

July 1923

6 egg whites
6 tbsp. powdered sugar
1 sponge cake, sliced
1 mould ice cream (1 quart of flavor of your choice, frozen hard)

Beat egg whites until stiff and stir in sugar gradually. Wet a wooden board that will fit in your oven on both sides; shake off excess water. Cover board with parchment or wax or plain brown paper, lay the sliced cake on top. Cut the ice cream in slices to cover the cake, cover with meringue, and spread evenly over the top and down the sides. Place in the oven at 450˚F and brown quickly. Slip from paper onto platter and serve at once, this dessert is most appetizing when brought to the table on the platter and served on small plates, giving a portion of cake, ice cream and meringue with each service.

Drinks

“When you come to kinds of drinks, there is such a vast array that a different one could be served almost every day in the year. Fruit drinks, milk drinks, malt cocoa food drinks, chocolate and cocoa drinks, coffee drinks, and tea drinks are just a few of the appetizing ones.”

—Mabel K. Ray, “Beverages that Refresh and Something to Crunch,” July 1932

Hot Cocoa

1934

2 tbsp. cocoa
2 tbsp. sugar
few grains salt

1 c. boiling water
3 c. scalded milk
few drops vanilla

Mix cocoa, sugar and salt in saucepan; add boiling water gradually. Boil for 5 minutes. Add milk and vanilla; cook for 5 minutes longer or until smooth.

Frothed Café au Lait

January 1914

Pour into the table urn 1 qt. strong, clear coffee, strained through muslin. Add 1 qt. boiling milk, stirring gently. Cover and wrap a thick cloth about the urn for about 5 minutes before it goes to the table. Have ready in a wide-mouthed cream jug the stiffly beaten whites of 3 eggs to which has been added 1 tbsp. granulated sugar. Put 1 large tsp. of this froth on the top of each cup of coffee, as it is served. This makes a very pleasing beverage, and is a change from the ordinary coffee.

Coffee Milk Shake

July 1932

3 tbsp. coffee syrup (see recipe below)
3/4 c. rich milk
2 drops vanilla
ice, chopped

Shake or stir ingredients vigorously and serve. To make into an eggnog, add one egg to the ingredients before shaking.

Coffee Syrup:

2 c. extra strong coffee
3-1/2 c. sugar

Boil coffee and sugar for 2 to 3 minutes.

Tea Talk for Summer

By Miriam J. Williams
July 1935

In hot weather, the sale of tea in the United States jumps because of the popularity of iced tea in this country. To real tea "hounds," however, nothing can replace the charm of a cup of hot tea, freshly made, from tea of choice flavor. But however it is served, tea is

a refreshing beverage, slightly stimulating, without harmful effects to the average person when properly made. Tea also has flavor possibilities which are especially timely in summer, for punch and even frozen desserts.

Garnish tea or punch with fresh mint; thin lemon or orange slices; candied cherries, pineapple or ginger; peppermint or hard candies (for hot tea); marmalade or jam (Russian tea). Serve the tea or punch with thin sandwiches of bread and butter or with simple fillings, small cup cakes or thin slices of cake, cookies, cinnamon toast strips, marguerites, sweet rolls or fancy biscuits, baby cream puffs.

Currant-ade

1 c. sugar
1 c. strong tea
2 c. currant juice
1/2 c. orange juice
1/2 c. lemon juice
3 pts. plain or charged [fizzy] water
1 orange, thinly sliced
sprigs of fresh mint

Add sugar to tea infusion and cool. Combine with fruit juices and water. Fill tall glasses one-third to one-half full of chopped ice, add orange slice and mint leaf to each glass. Pour in fruit mixture. Serve with crisp cookies.
Serves 10-12

—Mrs. C. B., Missouri

Russian Tea

January 1914

Pare and slice juicy lemons to fill a small serving bowl. Have a wide-mouthed dish filled with granulated sugar. Before pouring the tea, take the sugar tongs, lift a slice of the lemon, roll it in

the sugar, deposit it in the tea cup, and pour the boiling tea over it. Serve at once.

Orange Tea

January 1914

Peel and remove the white skin from the oranges. Slice very thin. Put a slice in the bottom of each cup before pouring the tea. Pass granulated sugar.

Ginger Ale

July 1915

Put 1 qt. of crushed ice into a gallon jar, and add 1 lb. of sugar and 1 tbsp. strong ginger, sliced, and shake well. Add 1 pt. good cider vinegar and fill the jug with water. Let the flavors combine at least 1 hour and strain out sliced ginger before serving. This is a favorite drink with farmer-folk.

Iced Raspberry-ade

June 1929

Boil 3 c. sugar in 4 c. water for 10 minutes. When this syrup is cool add 8 c. crushed ripe raspberries and the juice of 3 oranges. Chill thoroughly. At serving time, dilute with 2 qts. of ice water and serve unstrained. This quantity serves several people.

Foundation Punch

August 1923

4 oranges
2 lemons
1 c. sugar
1/2 c. water
1 c. mint leaves, chopped, optional

Squeeze the juice from the oranges and lemons. Boil the sugar and water to the thread stage. Add fruit juice and water to make 8 c. One cup chopped mint leaves may be steeped in boiling water, strained, and substituted for part of the water.

Variety is gained by adding other fruit juices, sweetening if necessary with more of the syrup:

Berry punch: equal parts Foundation Punch and berry juice
Cherry or currant punch: 3 parts Foundation Punch to 1 part fruit juice
Ginger punch: boil 1/2 lb. cut candied ginger in the Foundation syrup
Grape punch: equal parts Foundation Punch and grape juice

Thirst Quenchers for Midsummer

Give the Men in the Field and the Thirsty
Caller One of These Perfect Drinks
By Annette C. Dimock
August 1923

Tomatoes, it is said, will quench thirst five times more effectually than water, so doubtless some experimenter is now at work on cold tomato drinks. Meanwhile here are some summer favorites.

Switchel

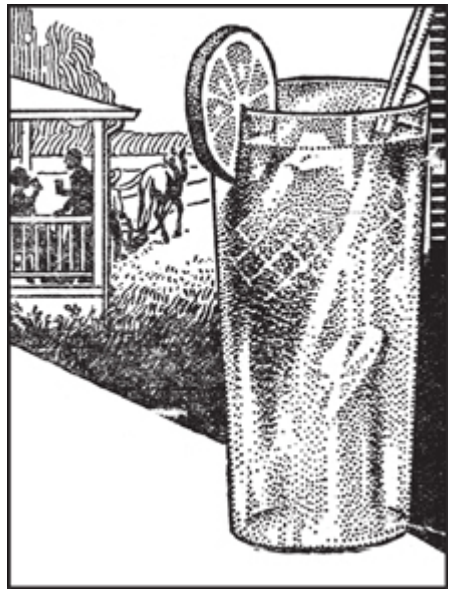
August 1923

This is a favorite summer drink for the eastern haymaker and harvester. Put 1 tsp. sugar, 1 to 2 tsp. [grated fresh] ginger, and 2 tsp. boiled cider in a glass; fill with water. Vinegar and molasses may be substituted for boiled cider, half and half.

Buttermilk Lemonade

August 1923

Combine 4 c. buttermilk with the juice of 3 lemons (or part orange juice) and sweeten to taste.



Cold Drinks for Hot Days

Fill the Little Brown Jug for the Field Workers

By Pearl Bailey Lyons

August 1919

When the hot days of summer come upon us the appetite craves something cool and refreshing and fruit

juices in suitable combination, slightly sweetened and diluted, are best suited to strengthen and refresh the inner man—or woman—or child.

Lemons, oranges, fresh pineapple, limes, all fresh summer fruits and berries, spices, extracts, pure water, ginger ale, and carbonated water are useful ingredients.

In serving summer drinks at home make them attractive by serving them in tall, well-polished glasses garnished with a slice of fruit on the edge of the glass or a few bright cherries or a sprig of mint in the top of each glass.

Fruit Lemonade

August 1919

2 lemons
1 orange
3/4 c. sugar
4 c. water
4 slices pineapple
ice

Squeeze the juice from the lemons and half the orange into a bowl. Add the sugar and stir well, then add the water and stir until the sugar is all dissolved. Slice the remaining half of the orange into 1/4 inch slices, cut the pineapple slices into quarters and add to the bowl. Set the bowl into a cold place until ready to serve. Plain lemonade is made the same way omitting the other fruits.

Iced Tea

August 1919

4 level tsp. tea
4 c. boiling water
ice
4 slices lemon

Pour boiling water over the tea, cover closely and let stand to steep about 3 minutes. Then pour off the tea from the leaves and let stand until cold. For serving, add cracked ice and a slice of lemon to each glass and let each person sweeten the tea to taste. Tall glasses are best for iced tea in order to hold the ice.

Maple Cream

August 1919

4 tbsp. maple syrup
2 tbsp. sweet cream
Ginger ale, ice cold

Put the maple syrup and cream into a tall glass. Pour in the ice cold ginger ale to nearly fill the glass. Beat hard with a spoon and serve.

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